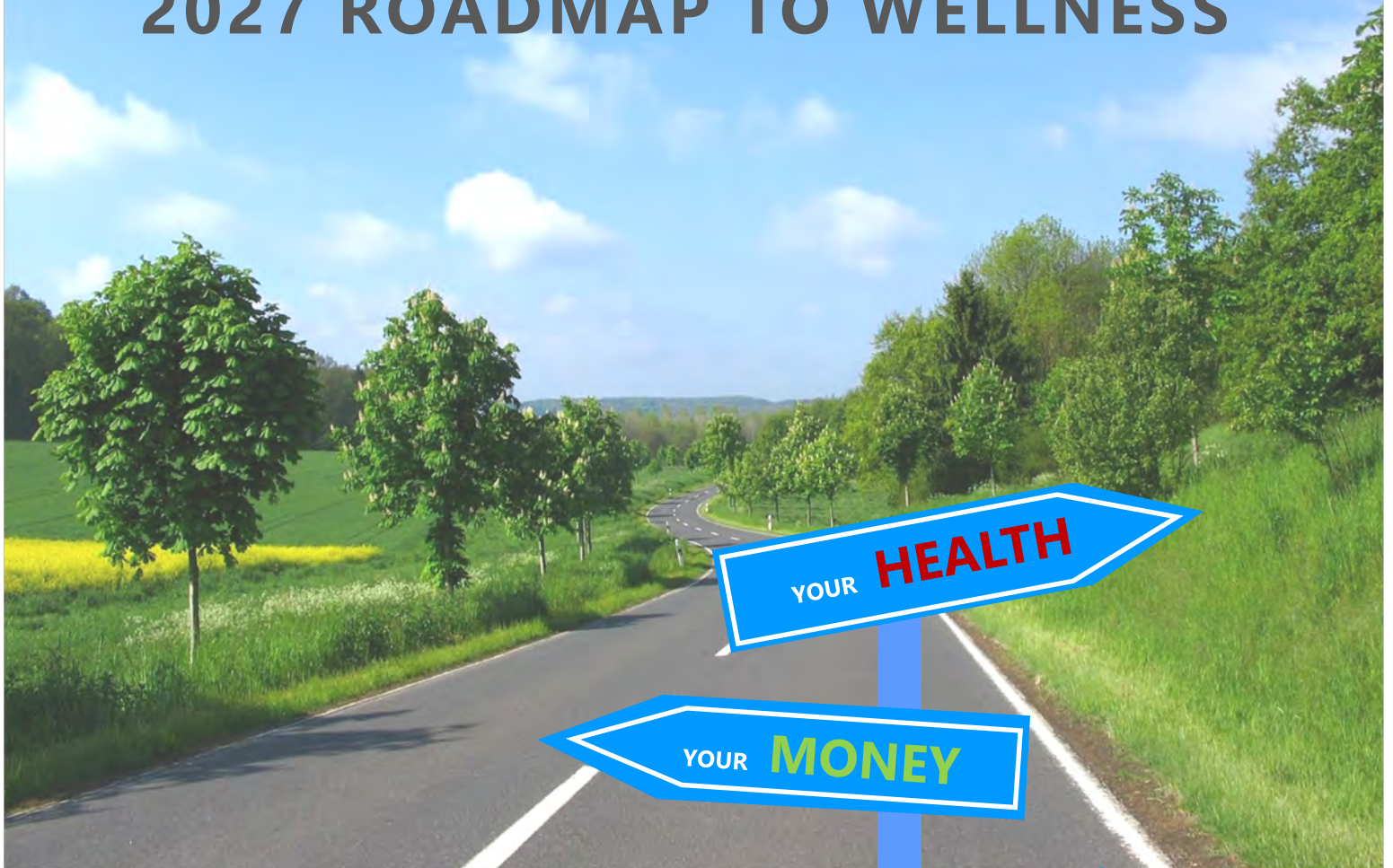


SCOTT COUNTY

2027 ROADMAP TO WELLNESS



YOUR **HEALTH**

YOUR **MONEY**

YOUR **LIFE**

THE **PATH** TO LIVING WELL



**2027 Wellness Initiatives
Complete Guide**

Created by Holmes Murphy & Associates for Scott County, IA

WELLNESS PROGRAM ACTIVITIES THROUGH WELLSTEPS

PROGRAM ACTIVITIES:

To meet the wellness program requirements, you will need to earn 100 points by completing any combination of the following activities by September 30, 2027.

If you received a flu shot through the Scott County's onsite Genesis clinic, you will automatically receive credit. If you received a flu shot, dental exam, annual exam, vision exam or age appropriate screening through your health provider, you will need to submit that information to Jo, our Health Promotion Coordinator listed on page 2 to receive credit.

ACTIVITY	POINTS
Complete Biometric Screening	25
Additional Bloodwork Testing during the Biometric Screening	5
Glucose: less than 100 mg/dL	5
Blood Pressure: less than 130/85	5
Triglycerides: less than 150 mg/dL	5
HDL Cholesterol: Males 40mg/DL and above or Females 50 mg/dL and above	5
Waist Circumference: Males less than 40 inches, females less than 35 inches	5
Personal Health Assessment	10
Only One of these Courses	
* Wellsteps Health Coaching * Wondr * Real Appeal	25
Routine Annual Exam /Age Appropriate Screening	10
Routine Dental Exam	5
Routine Vision Exam	5
Flu vaccine or a COVID Booster shot (10/01/26-09/30/27)	5
UHC or Mission Square Webinar	5
Wellsteps– Healthy Heart	10
Wellsteps– Sugar Busters	10
Wellsteps– Balance It All	10
UHC Meeting/Mission Square (Deferred Compensation) Meeting	5
Complete a bike race, Ragbrai, triathlon, organized walk/run, 5k, etc. (Documentation required)	15
Participate in a QC Corporate Game Event	15
Own-it Goal	15
Scott County Health Benefit Team Challenges– 5 points each with max of 10 points	5 (Max of 10 points)
Tobacco Free	10
** Complete the Tobacco Cessation Program for 25 pts	
215 Total Available Points	

