

Activities Menu 2024-2025 (Period 3)

Domains	Activities	MyBenefitsChannel (MBC)	Credits	Verification
Mandatory	Check-In—all participants will need to complete this activity in MyBenefitsChannel	Self-certify	10	
Attendance	NEW: Perfect attendance!!! Participants that have perfect attendance at work.	HR will certify	50	
Health	Chiropractic visit	Self-certify	80	Upload documentation
Health	Annual wellness exam	Self-certify	45	Upload documentation
Health	Preventative / Specialty exams (i.e. mammogram, etc.)	Self-certify	75	Upload documentation
Health	B-12 shot at the JMCSS School Clinic @ JCT only (one shot per period)	Self-certify	10	Upload documentation
Health	Vaccines (i.e., flu, COVID, pneumonia, etc.) Choose 2 Max	Self-certify	10	
Health	Dental exam	Self-certify	45	Upload documentation
Health	Vision exam	Self-certify	45	Upload documentation
Health	Certify you have lost 10 lbs. or more by the end of Period 3	Self-certify	30	Upload documentation
Nutrition	Engage in a weight management program (i.e., Nutrisystem, Jenny Craig, Weight Watchers, etc.)	Self-certify	100	Upload documentation
Nutrition	Increase fruits & vegetables for 8 weeks	Self-certify	30	
Nutrition	Increase H2O intake for 8 weeks	Self-certify	30	
Nutrition	Substitute fatty meats with lean meats during Period 3	Self-certify	30	
Nutrition	Meatless Monday: commit and track not eating meat on Mondays during Period 3	Self-certify	30	
Physical Activity	Muscle Strengthening: log in 2 times per week for 8 weeks	Self-certify	20	
Physical Activity	Aerobic Walking: Go on a walk 4 times a week for 8 weeks	Self-certify	20	Upload documentation
Physical Activity	Engage in 75 minutes of moderate to vigorous aerobic activities each week for 8 weeks	Self-certify	30	Upload documentation
Physical Activity	Join a gym or fitness center	Self-certify	90	Upload documentation
Physical Activity	Attend the gym or fitness center 20 times during Period 3	Self-certify	80	Upload documentation
Physical Activity	Meet a daily 10K step goal for 8 weeks	Self-certify	40	Upload documentation
Self-Care	Get a massage	Self-certify	80	Upload documentation
Self-Care	Acupuncture session	Self-certify	80	Upload documentation
Self-Care	Practice meditation 2 times a day for 8 weeks	Self-certify	10	
Self-Care	Stress: Log in stress levels 4 times per week for 8 weeks	Self-certify	20	
Self-Care	Read self-care materials/literature (i.e., mental, physical, recreational, spiritual, emotional, etc.)	Self-certify	10	
Self-Care	Manicure/Pedicure	Self-certify	50	Upload documentation
Self-Care	Get 6-8 hours of sleep daily for 8 weeks	Self-certify	10	
Wellness Courses	Complete 5 (max) Wellness Education courses w/ post quiz	Self-certify	30	Upload certificates
Financial Health Courses	Complete 5 (max) courses in the "Financial Fitness Bootcamp"	Self-certify	25	Upload certificates
Mental Health Courses	Complete 5 (max) Stress & Mental Health educational courses	Self-certify	30	Upload certificates
Disconnect from Tech	Reduce your recreational social media screen time to 5 hours per week for 8 weeks	Self-certify	25	
Disconnect from Tech	Limit your television screen time to 10 hours per week for 8 weeks	Self-certify	25	
Social Awareness	Volunteer in the community 3 times during Period 3	Self-certify	30	Upload documentation

Period 3 Credits & Perfect Attendance: March 1 – May 31