

WILL U COUNT POINTS?

Starting August 1st, 2019, Grand Traverse County employees are invited to earn points for participating in a variety of health and wellness activities as part of the GT Wellness My Rewards program!

Qualifying Wellness Activity	Points Earned	Frequency
Early Registration Bonus (8/1 – 8/31)	50	Once
Biometric Screening	200	Annually
Telephonic Coaching Program	100	Quarterly
Online Coaching Program	100	Quarterly
Wellness Challenges	50	Each
Annual Physician's Visit	50	Annually
Dental Exam	50	Annually
Vision Exam	50	Annually
Flu Shot	50	Annually
Tobacco-Free Status	50	Annually
Community Service	50	Quarterly
Lunch & Learns	25	Monthly
Monthly Live Webinar	25	Monthly
7,500 Steps Per Day	1	Daily

Accumulate points for a chance to win a \$100 gift card each quarter!

QUARTER 1: Earn 100 points between August 1 – September 30, 2019

QUARTER 2: Earn 100 points between October 1 – December 31, 2019

QUARTER 3: Earn 100 points between January 1 – March 31, 2020

QUARTER 4: Earn 100 points between April 1 – June 30, 2020



To get started, log into mymarqueehealth.com and click on the 'My Rewards' tab. First-time visitors can register with the code: **gtwellness**.

