



# Wellthy Rewards Activities Menu 2025

Not all activities offered by the Wellness Program have associated Wellthy Rewards points. Activities that count towards Wellthy Rewards will be clearly marked with points values and/or the Wellthy Rewards logo.



For any questions or issues, please contact the Wellness Program at [wellness.program@ventura.org](mailto:wellness.program@ventura.org) or 805-654-2628

## Biometric Screening or Personal Doctor Physical

50 points

*January 1 - August 31*

Learn more about your health with a free biometric screening, provided confidentially by our third-party vendor, OnSite Wellness. Your biometric screening will include testing of cholesterol levels, triglycerides, blood glucose, blood pressure, and weight.

Schedule your screening through our website.

Alternatively, you can complete an annual physical with your personal doctor and return the signed submittal form to the Wellness Program.

Find the submittal form on our website.

## Health Risk Assessment

50 points

*January 1 - August 31*

After getting your biometric results, complete the online health risk assessment for a full report of your health status so you can take action to address any health risks.

Take the assessment on our website.

## Be Well Million Step March

50 points

*January 1 - August 31*

Achieve one million steps by tracking your physical activity through the Be Well app. Not much of a walker? You can use the app to convert other physical activities into steps. For example, 30 minutes of weightlifting converts to 3000 steps.

Create a Be Well account through our website.

## Be Well Two Million Step March

50 points

*January 1 - August 31*

Completed the Million Step March and want to keep going? You can earn additional points by achieving two million steps through the Be Well app.

Create a Be Well account through our website.

### **Be Well Walk Into the New Year**

**20 points**

*December 16, 2024 - January 12, 2025*

Get a jumpstart on your 2025 Wellthy Rewards Challenge yourself during the holidays and achieve 140,000 steps (average 5,000 steps/day) through the Be Well app.  
Create a Be Well account through our website.

### **Be Well The Daily Stride**

**20 points**

*February 3 - March 2*

Test your health-habit consistency with this points-based wellness challenge. Earn challenge points on the Be Well app by logging entries for activity (15 points/day), nutrition (5 points/day), hydration (5 points/day), and weight (15 points/week). Achieve 450 challenge points to earn your Wellthy Rewards points.  
Create a Be Well account through our website.

### **Be Well Team Competition**

**20 points**

*April 7 - May 4*

Create or join a team of five (5) on the Be Well app and compete against other teams to achieve the highest average step count. All participants who achieve 140,000 steps (average 5,000 steps/day) will receive the points. Members of teams with the highest three average step counts will earn bonus points: 15 points for 1st place, 10 points for 2nd place, 5 points for 3rd place.  
Create a Be Well account through our website.

### **Be Well Golden Sneaker Competition**

**20 points**

*June 2 - August 31*

Your County agency is your team on the Be Well app! All agencies are separated into divisions based on size (small, medium, large) and will compete against other agencies within their size division. All participants who achieve 420,000 steps (average 5,000 steps/day) by August 31 will receive 20 points. The agency from each division with the highest average step count will be awarded the Golden Sneaker Trophy and bragging rights.  
Create a Be Well account through our website.

### **Online Health Education Courses**

**5 points each**

*January - August*

Every month a new course is available through Vector Solutions, our online learning platform. Each course is self-assigned and self-paced, with a quiz at the end to assess your understanding of the education material.  
Create an account through our website.

### **Hiking Series**

**5 points each**

*February - August*

Join the Wellness Program as we explore some of the County's hiking areas! There will be a variety of trail options with differing levels of difficulty and distance, and you are welcome to choose your own route, or join the route lead by Wellness Program staff.  
Register for a hike through our website.

### **Other Activities Added by Wellness Program**

This is not a comprehensive list of all Wellthy Rewards points-earning activities, as more activities may be added by the Wellness Program throughout the program period. All additional points-earning activities will be communicated to all employees through the Wellness Program monthly email digest, other emails, and/or website.