

### **STEP 3 - 60 WELLNESS POINTS**

**Deadline: Saturday, Aug. 31, 2019**

Eligible employees can earn points for health coaching, achieving biometric screening results within specified ranges, or completing up to four preventive care exams in 2019.

- Click [here](#) for an overview. **It's important to get started long before the August 31 due date to ensure that you earn 60 Wellness Points.**
- Click [here](#) to learn how you can partner with a Health Coach to achieve your personal wellness goals and earn up to 60 Wellness Points.
- Click [here](#) to view examples of preventive care exams and to learn how to report them on the HealthFitness website.

**Complete all 3 Steps by the August deadlines!**