**\*Refer to manateeyourchoice.com/wellbeing/wellbeing-at-work for more information\***

**2025 Wellbeing Menu**

|  |  |  |
| --- | --- | --- |
| **Activity** | **Points** | **Date(s) Completed/points earned** |
| Host Wellness Care Team member for presentation (topics on W@W page)  | **10/each** |  |
| Host Nutrition Assessment Event (4+ needed to come out) | **10** |  |
| Promote Wellbeing Workshops and Challenges | **5/ Workshop** |  |
| Promote Hinge Health | **5** |  |
| Host Diabetes Survival Skills Course with Marcus (1-hour on-site) | **10** |  |
| Host Wellbeing Expo with Care Team on-site | **10/each** |  |
| Host a mini exercise class | **10** |  |
|  |  |  |
| Host an Emotional Wellbeing Challenge (see W@W page for ideas) | **5/each** |  |
| Install a Gratitude Board / Shout Out Board (templates on website) | **5** |  |
| Host LAMP advocate onsite to present  | **10/each** |  |
| Host a meditation/relaxation class OR create a “Zen space” at work | **10** |  |
|  |  |  |
| Promote Financial Workshops- 6 this year (**BONUS**: 1 pt for **each** employee who attends in your team. Please keep track of who attends, and I will have a list of all attendees) See flyer | **5/workshop** |  |
| Promote March Money Madness Challenge | **5** |  |
| Promote Deferred Compensation benefit – Voya (info on W@W page) | **5** |  |
|  |  |  |
| Observe Health Awareness Campaign (Wear Red, Pink, Green etc.) Get Team Pic! | **5/campaign** |  |
| Collect and donate candy for troops over Halloween (Julie to email in Sept) | **5** |  |
| Promote blood drive and/or Mobile Dermatology | **5/each** |  |
| Host your own Team Building/Wellness Event (Care Team can assist with ideas) | **5 per event** |  |
| Enter the Pink Pumpkin Department Challenge (Julie to email in Sept) **Must get pic!** | **10** |  |
| Host a Potluck Lunch at your worksite | **10 each** |  |
|  |  |  |
| Attend Wellness Champion Banquet/Meet with Julie to review 2025 | **10** |  |
| Create your own activity for your employees! | **5 each** |  |
| Build a W@W Bulletin Board using **flyers** from Banquet folder or email. Must show picture of board when turning in scorecard! | **10** |  |
|  |  |  |

**Platinum: 100+ Points**

**Gold:** **85-99 Points**

**Silver:** **70-84** **Points**

**Bronze:** **55-69** **Points**