

## WellSteps Reward Activities – Quarter 3 2021

### Screenings and Check-ups:

- I completed my PRENATAL EXAM. Please upload one of the following for verification: EOB, doctor's note, or [Healthy Lifestyles form](#). (25)
- I completed my MAMMOGRAM OR PROSTATE EXAM. Please upload one of the following for verification: EOB, doctor's note, or [Healthy Lifestyles form](#). (50)
- I completed my COLONOSCOPY EXAM. Please upload one of the following for verification: EOB, doctor's note, or [Healthy Lifestyles form](#). (50)
- I completed my DENTAL CHECK-UP. Please upload one of the following for verification: EOB, doctor's note, or [Healthy Lifestyles form](#). (25)
- I completed my ANNUAL PHYSICAL/PAP TEST. Please upload one of the following for verification: EOB, doctor's note, or [Healthy Lifestyles form](#). (50)
- I completed for my FLU SHOT. Please upload one of the following for verification: EOB, doctor's note, or [Healthy Lifestyles form](#). (25)
- I completed my EYE EXAM. Please upload one of the following for verification: EOB, doctor's note, or [Healthy Lifestyles form](#). (25)
- I completed my COVID vaccination. Please upload one of the following for verification: EOB, doctor's note, or [Healthy Lifestyles form](#). (50)

### Physical:

- I received an average of 7 to 8 hours of sleep each day. [Learn more about Healthy Sleep Habits](#). (6)

### Emotional:

- I helped myself adjust to life after the pandemic (“[new normal](#)”) by taking time for self-care this month. (6)

### Intellectual:

- I read a health article on the Deer Oaks EAP website. Instructions to access Deer Oaks Health Articles. (6)

### Environmental:

- I did one thing this month to [conserve water](#) to help the [Utah drought](#). (6)

### Financial:

- I did one thing this month to [prepare for retirement](#). (6)

### Spiritual:

- I completed a [Mindful Monday meditation](#) or [Yoga with Tami session](#) to boost my spiritual wellness. (6)

### Social:

- I strengthened a relationship by getting together (in-person or virtually) with someone I haven't seen since pre-COVID. [Tips to Rekindle Relationships After COVID-19](#). (6)

### Bonus:

- I read the [July newsletter](#). (3)
- I read the [July Health Hub](#). (3)
- I completed the [Loving Kindness Meditation](#). (5)
- I listened to the Healthy Lifestyles Wellcast episode 1, “Busting Healthy Myths”. (10)