Benesch

FIND YOUR FIT

Wherever you are on your wellness journey, there's a path to suit your lifestyle and wellness goals.

Reach **10,000 points** to earn the full firm-provided HSA contribution.

FITNESS-FOCUSED

Reach 10,000 points through exercise.

- **6,000+ steps 4x per week:** 10,000 points (Level 1 & Level 2 Achieved!)

OR

- **10,000 steps or 30 active minutes 100 times:** 10,000 points (Level 1 & Level 2 Achieved!)

WELLNESS LEARNER

Reach 10,000 points through learning about healthy habits.

- **Complete five wellness coaching sessions:** 10,000 points (Level 1 & Level 2 Achieved!)

OR

- **Choose your eating type:** 250 points
- **Sign up for Wellhub (250 points) and complete 28 workout sessions (2,800 points):** 3,050 points
- **Complete 10 Benesch benefits/wellness webinars:** 1,000 points
- **Complete five journeys:** 750 points
- **Complete daily tip cards 3x per week:** 5,000 points (Level 1 Achieved!)

PREVENTIVE CARE CHAMPION

Reach 10,000 points through steps and preventive care.

- **Reach at least 6,000 steps at least 2x per week:** 5,500 points (Level 1 Achieved!)
- **Complete an annual physical:** 2,000 points
- **Complete two dental exams:** 1,000 points
- **Complete one age- and gender-appropriate cancer screening:** 2,000 points
- **Complete the health check survey:** 500 points
- **Complete a flu shot:** 500 points

HEALTHY LIFESTYLE

Reach 10,000 points through wellness activities and healthy lifestyle guidance.

- **Track sleep nightly for three months:** 2,700 points
- **Track healthy habits for 3 months:** 1,500 points
- **Complete two health coaching sessions:** 4,000 points
- **Track weight for two quarters:** 1,000 points
- **Complete flu shot and annual physical:** 1,000 points