

Wellness Point Structure

Wellness Point Structure		
Category	Normal Range	Points Possible
Blood Pressure	<130 mm/85h g	1
HDL (Good) Cholesterol	Men > 40 mg/dl Women > 50 mg/dl	1
Glucose (Blood Sugar)	< 100 mg/dl	1
Triglycerides	< 150 mg/dl	1
Waist Circumference	Men < 40 Women < 35	2
Tobacco Status	Non-tobacco user	3
Biometric Screening	Complete biometric screening	1

Wellness Tiers	
Category	Total Points Needed
Platinum	9-10
Gold	5-8
Silver	1-4
Bronze	0

Wellness Discounts Per Paycheck		
	Employee	Spouse
Platinum	\$60.00	\$60.00
Gold	\$30.00	\$30.00
Silver	\$15.00	\$15.00
Bronze	\$0.00	\$0.00