



Wellness Points Conversion Guide

All full-time employees (as well as spouses who are enrolled in the HBC benefit plan) are eligible to earn Wellness Points! Below is a chart of the Wellness Points reward system, and the corresponding activity and point value.

HBC+ Activity	Time Frame	Point Value
Educational Activities		
Seminars/workshops	1 hour	5
Programs		
Freedom from Smoking Online 1 module per week	7 weeks	10
4 week HBC+ program	4 weeks	20
5 week HBC+ program	5 weeks	30
6 week HBC+ program	6-8 weeks	40
Weight Watchers	10-12 weeks	10
Employee Volunteer Program	1 hour	5
Online Wellness Seminars	Varies	10
Participation		
Workouts (must be at least 30 minutes)	8 workouts/month	10
Workouts (must be at least 30 minutes)	9 or more/month	15
5K run/walk	n/a	20
4 Mile run/walk	n/a	25
1/4 Marathon	n/a	30
1/2 Marathon	n/a	40
Marathon	n/a	60

*Special event throughout the year may also offer opportunities to earn HBC points. Look to DubNet for details.

