



**Healthy U Phase 3
PASSHE Points Program
Phase 3 Points Required=70 pts.**

PROGRAM/ACTIVITY	POINT VALUE
Pledge (Required)	0
Wellness Profile (Required)	30
Exams	
Preventive Exam	30
Annual Gynecological Exam	30
Mammogram	30
Condition Management Programs (telephonic via Blues On Call)	
Asthma	25
Back Pain	25
Coronary Artery Disease	25
Congestive Heart Failure	25
Chronic Obstructive Pulmonary Disease	25
Depression	25
Diabetes	25
Maternity	25
Lifestyle Improvement Programs (on-line)	
HealthMedia® Balance	15
HealthMedia® Breathe	15
HealthMedia® Care™ for Diabetes	15
HealthMedia® Care for Your Back	15
HealthMedia® Care For Your Health	15
HealthMedia® Nourish	15
HealthMedia® Overcoming™ Binge Eating	15
HealthMedia® Overcoming™ Depression	15
HealthMedia® Overcoming™ Insomnia	15
HealthMedia® Relax	15
HealthMedia® Care™ for Pain	15
Lifestyle Improvement Programs (worksite & community sites, all programs may not be available in all locations)	
10,000 Step Challenge	25
Bands on the Run	25
Diabetes Awareness and Prevention	25
Discover Relaxation Within I	25
Discover Relaxation Within II	25
Eat Well for Life I	25
Eat Well for Life II	25
HOPE	25
Ornish Advantage	25
Personal Nutrition Coaching	25
Strides for Health	25
Telephonic Smokeless®	25
Guided Self-Help Smokeless®	25
Clear the Air	25
Move It to Music	25
Drop 10 in 10	25

PROGRAM/ACTIVITY	POINT VALUE
Wellness Coaching Programs through Blues On Call (telephonic)	
Simply Well	20
Aim For Change	20
Get Moving	20
Balance	20
Miscellaneous Programs	
Health Information/Tools (on-line)	10
Call to Blues on Call Health Coach	10
Flu Shot	15
Educational Campaigns (all campaigns may not be offered by all campuses)	
Color Your Plate	10
Diabetes Awareness and Prevention	10
Maintain Don't Gain	10
Yes I Can Quit Tobacco	10
Employer Sponsored Custom Programs (University-Specific, all programs may not be available in all locations)	
Other Preventive Screenings*	30
Wellness Committee Participation	25
Fitness Center*	25
Employer Sponsored Fitness Program	25
Walking Program	25
Weight Watchers*	25
Health Coaching	25
Self Improvement	10
Employer Sponsored Wellness Program	25

*Any employee, regardless of work location, is able to complete these activities in the Employer Sponsored Custom Programs category and earn Healthy U Phase 3 points.