

Earn 365 Points

Take part in activities that support your total well-being—with dozens of eligible avenues to help you achieve your wellness goals—and earn points along the way.

Thrive365 Activities you can choose from:

Points	Activity	Recording status	Tracking Maximum
Required + 75 one-time	<u>Well-Being Assessment</u>	Auto-records*	One assessment
215 per exam	<u>Preventive Care Exam</u>	Auto-records*	One exam
215 per exam	<u>Additional Care Exams</u>	Manually enter	Up to two exams
215 per registration	<u>Headspace app</u>	Manually enter	One time
150 per vaccination	<u>Vaccinations</u>	Auto-records*	Up to two vaccinations
75 per event	<u>Challenges</u>	Auto-records*	Up to three challenges
75 per race	<u>Community Race</u>	Manually enter	Up to three races
75 per PTO day	<u>Self-care Day</u>	Manually enter	Up to three PTO days
75 per hour	<u>Volunteer</u>	Manually enter	Up to three hours
75 per event	<u>Webinars</u>	Manually enter	Up to three webinars
75 per journey	<u>Well-Being Journey</u>	Auto-records*	Up to two journeys
75 per commitment	<u>Wellness Champion</u>	Manually enter	One commitment
75 per session	<u>Wellness Coaching</u>	Auto-records*	Up to two sessions
75 per session	<u>Care Management Session</u>	Auto-records*	Up to two sessions
75 each	<u>Other approved activities</u>	Manually enter	Up to three

*Please allow up to 10 business days after completion for points to appear in your portal.

For additional details

Visit the [Thrive365 page](https://BSWHealth.com/Benefits/Thrive365)
BSWHealth.com/Benefits/Thrive365

To view and record points

Visit your [Thrive365 portal](https://ThriveForWellness.com)
ThriveForWellness.com

Note: Some activities may auto-log, but others must be manually entered.

**Completion of activities from
 Dec. 1, 2020, to Nov. 5, 2021,
 will count towards your journey
 to 365 points.**

See next page for eligible past challenges and webinars.

Past Challenges

Feb. 1 – Feb. 26 | Renew You Challenge
May 3 – June 11 | Take 10 Challenge

Past Webinars

December 2020

Dec. 10 | Wellness through the Ages: Part 3
Dec. 11 | Creating a Vision Board
Dec. 14 | Fads of 2020
Dec. 15 | Re-evaluate Your Health Goals
Dec. 17 | Virtual Painting Class

January 2021

Jan. 14 | Thrive Monthly Webinar
Jan. 15 | Virtual Painting Class
Jan. 20 | Finding Your Why: Connecting to Your Values
Jan. 21 | How to Set Boundaries at Work
Jan. 21 | How Giving Leads to Social Health
Jan. 26 | Thrive Book Club Mixer
Jan. 27 | Finding Your Why: Setting Long-Term Goals
Jan. 28 | Thrive Power Talk

February 2021

Feb. 1-26 | Renew You Challenge
Feb. 03 | Finding Your Why: Mid-Term Goals
Feb. 10 | Finding Your Why: Short Term Goals
Feb. 11 | Thrive Monthly Webinar
Feb. 12 | Foodie Finds 2
Feb. 12 | Cultural Art Series: Black History Icons
Feb. 18 | Mindfulness for the Heart
Feb. 23 | Learn to Crochet
Feb. 25 | Thrive Power Talk: Self-Love
Feb. 26 | Cultural Art Series: Black History Icons

March 2021

March 09 | Learn to Crochet: Part 2
March 16 | Self-care in 5 Minutes: Tips to Build a Short but Effective self-care routine

March 18 | Make Meal Planning and Prepping Family Time

March 22 | Are Meal Kits Worth the Hype

March 23 | Learn to Crochet: The Finale

March 25 | The Art of Journaling

March 25 | Book Club

March 26 | Springtime Theme Art Class

April 2021

April 13 | How to Be Mindful at Work

April 14 | Financial Literacy: Understand Your Budget

April 22 | Skincare for Self-care

April 23 | Foodie Finds 3

April 28 | Exercise and Social Health

April 28 | Exercise and Social Health

April 29 | Power Talk: Emotional Eating Part II

May 2021

May 3- June 11 | Take 10 Challenge

May 6 | How to Create a Budget

May 11 | Creative Ways to Exercise

May 13 | Time Management 101

May 20 | How to be Mindful in Social Situations

May 26 | Self-care Retreat

June 2021

June 11 | Be Money-wise in Social Settings: Part 1

June 16 | Nutrition 101: Carbs

June 17 | Workplace Burnout

June 25 | Be Money-wise in Social Settings: Part 2

June 29 | 5 Tips for Better Mental Health in 2021