Feel good, earn rewards.
Earn rewards, feel good.

Healthy Activities Reward Chart

HEALTHY ACTIVITY	HERE'S WHAT YOU NEED TO DO	EYL CREDITS OR DRAWING ENTRIES	EARNING FREQUENCY
Health Assessment & Annual Physical	Take the online Health Assessment	50	1x/year
	Submit an Annual Physical Screening Form*	50	1x/year
Boost® Physical Activity Tracker	Earn one point for tracking 30 minutes or 3,000 steps in a day.	1	daily (max. of 25/quarter)
Health Advisor	Complete a one-time call with a Health Advisor	25	1x/year
Online Wellness Programs	Enroll in an Online Program	20	1x/program
	Read an Online Program Newsletter	10	3x/program
	Take an Online Evaluation - 30/90/180 days	20	3x/program
Phone Coaching	Enroll in Phone Coaching Program	25	1x/quarter
	Complete Phone Coaching Program	25	1x/program
	Complete a Follow-up Call	25	1x/program
	Complete a Goal Activity	25	1x/program
Weight Loss Program Participation*	Participate in an approved weight loss program and submit the Participation Form • Weight Watchers • Jenny Craig • Nutrisystem • Medifast • Medical Weight Loss • Hospital-Based Program	25	1x/quarter
Preventive Care	Preventive Dental Visit*†	50	1x/year
	Preventive Vision Visit*†	50	1x/year
	Receive a Flu Shot*	25	1x/year
	Preventive Colonoscopy*†	50	1x/year
	Preventive Mammogram*†	50	1x/year
DTE Energy Healthy Activities	Participate on a Sports Team*	25	1x/quarter
	Complete a Community Movement Activity*	25	1x/quarter
	Complete a 1/2 Marathon, Marathon, Ironman, or 3 Day Walk*	50	1x/quarter
	Participate in a Volunteer Activity or a DTE Energy Care Corps Activity*	25	1x/quarter
	Participate in a DTE Energy Onsite Wellness Activity*	25	1x/quarter
	Participate in a Monthly Webinar	25	1x/quarter
	Complete an Asset Health Course	25	1x/quarter

*To complete this activity, you will need to visit www.redbrickhealth.com/login to download and print the form for the specific activity. Submit the form to RedBrick to receive credit for the activity.

†To receive credit, you must also submit an Explanation of Benefits from your insurance provider.

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energize your life!