



# CASH IN ON YOUR WELLNESS PROGRAM DOLLARS!

Visit [mySource](#) or [www.socorewards.com](http://www.socorewards.com) to begin earning today!

Physical Activity	Frequency	Max Allowed	HRA/FSA Dollars	Total Possible
Cardio (30 minutes)	Daily	5/week	\$2	<b>\$400</b>
Strength (20 minutes)	Daily	2/week	\$1	
Move (7,500 steps)	Daily	3/week	\$1	
Stretch (10 minutes)	Daily	2/week	\$1	
<b>Education</b>				
Physical Health Courses	Yearly	13	\$10	\$130
Behavioral Courses	Yearly	4	\$10	\$40
Whole-Person Wellbeing Courses	Yearly	3	\$10	\$30
Financial Courses	Yearly	1	\$10	\$10
<b>Happiness Plan</b>				
Happiness Plan	Yearly	1	\$135	\$135
<b>Know Your Numbers (BP, Waist Circumference and Weight)</b>				
Q1 - Q4	Yearly	4	\$6	\$24
<b>Screenings</b>				
Preventive Screenings	Yearly	5	\$13	\$65
<b>Annual Physical</b>				
Annual Physical	Yearly	1	\$50	\$50
<b>Health Management</b>				
Complete a tobacco cessation program (coach-guided)	Yearly	1	\$65	\$65
Remain tobacco free for six months (coach-guided)	Yearly	1	\$35	\$35
Complete a tobacco cessation program (self-directed)	Yearly	1	\$40	\$40
Remain tobacco free for six months (self-directed)	Yearly	1	\$20	\$20
<b>Well Check</b>				
Well Check	Yearly	1	\$25	\$25
<b>Health Events</b>				
Participate in a community event	Yearly	4	\$10	\$40
First-time login	Yearly	1	\$5	\$5
Monthly Well-being Topic	Yearly	12	\$2	\$24
Post on the See the Good. Share the Good. message board	Yearly	1	\$10	\$10
The Preserves	Yearly	3	\$10	\$30
Mini Challenges	Yearly	30	\$1	\$30
Post on the Why Wall	Yearly	1	\$5	\$5
<b>Sleep Charge</b>				
SleepCharge Education	Yearly	4	\$10	\$40
Sleep Check Up	Yearly	1	\$10	\$10
<b>Challenges</b>				
Beat the Boss	Yearly	1	\$25	\$25
Retrain Your Brain 2.0	Yearly	1	\$25	\$25

For questions, please call **SouthernLifeStyle Rewards Member Services** at **855-444-1255** or send an email to [support@socorewards.com](mailto:support@socorewards.com).

