



EARNINGS CHECKLIST

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Activity Titles	Frequency	Max Allowed	HRA/FSA Dollars	Total Possible
Physical Activity				
Cardio (30 minutes)	Daily	5/week	\$2	\$400
Strength (20 minutes)	Daily	2/week	\$1	
Move (7,500 steps)	Daily	3/week	\$1	
Dynamic Warm-Up/Stretch	Daily	3/week	\$1	
Education				
Knowledge courses	Yearly	13	\$10	\$155
Virtual Fitness Center	Yearly	1	\$25	
Screenings				
Preventive Screenings	Yearly	5	\$15	\$75
Annual Physical				
Annual Physical	Yearly	1	\$50	\$50
Health Management				
Complete a tobacco-cessation program (coach-guided).	Yearly	1	\$65	\$160
Remain tobacco-free for six months (coach-guided).	Yearly	1	\$35	
Complete a tobacco-cessation program (self-directed).	Yearly	1	\$40	
Remain tobacco-free for six months (self-directed).	Yearly	1	\$20	
Well Check				
Well Check	Yearly	1	\$25	\$25
Health Events				
First-time login	Yearly	1	\$25	\$295
Download mobile app	Yearly	1	\$25	
Sync wearable device	Yearly	1	\$10	
Monthly Well-Being Topic	Yearly	12	\$10	
Total Brain	Yearly	1	\$25	
Total Brain second follow-up assessment	Yearly	1	\$25	
Dynamic warm-up video	Yearly	1	\$15	
American Heart Association Heart Walk	Yearly	1	\$10	
Participate in a community event.	Yearly	4	\$10	
Sleep Charge				
Sleep Check Up	Yearly	1	\$25	\$25
Challenges				
SleepCharge Challenge	Yearly	1	\$25	\$125
Steps Challenge	Yearly	1	\$25	
Total Brain Challenge	Yearly	1	\$25	
Financial/Retirement Challenge	Yearly	1	\$25	
Maintain Don't Gain Challenge	Yearly	1	\$25	

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

