

Name _____



2025 - 2026 LEHI CITY WELLNESS PROGRAM



Participation

- Participation is 100% voluntary, but highly encouraged to support your health and help keep medical costs affordable.
- Employees not enrolled in City medical coverage do not need to track points but are always welcome to attend events and take advantage of learning opportunities.

Incentives & Tracking Period

- Track your wellness activity from May 1, 2025, to April 30, 2026.
- Completing the program earns you free bi-weekly premiums for the July 1, 2026 – June 30, 2027 health plan year.

Point Requirements

- Earn at least 15 points to complete the program.
- 3 of those points must come from the “Required Points” category.
- Each point above 15 earns 2 AwardCo points.
- Record the date of each activity and any needed description.

How to Track

- Activities are generally worth 1 point, with some worth 2 or 3
 - (indicated by asterisks: * = 1 point, ** = 2 points, *** = 3 points).
- Write the number of points earned next to each activity.

“Other” Points

- Participating in activities not listed?
 - Contact your wellness advocate, HR, or email wellness@lehi-ut.gov for point approval.
- Hosting or involved in a public community event (e.g., Shop-with-a-Cop, Cocoa with Santa)? Let us know—we’ll help promote it and may approve it for points.
- Earn one bonus point by emailing a photo of yourself participating in any tracked activity. Submit your photo to wellness@lehi-ut.gov, record the original point, and mark your bonus as an “Other” point under the same category. (Limit: one bonus point, per person, per wellness year)

Need More Info?

- Full program details are in the 2025–2026 Benefit Guide (see pages 34–36).



2025-2026 Tracker

Name: _____

Required Points _____ Required Points Earned

- ____/2 ** Reduce your weight by 10% (starting and ending weight verified by your primary care provider)
- ____/2 ** Reduce your BMI by ONE point (starting and ending BMI verified by your primary care provider)
- ____/1 * Complete an annual checkup with your primary care physician/practitioner
- ____/1 * Complete a PEHP biometric screening
- ____/1 * Complete a Wellness Check/Appointment using the NICE Healthcare app
- ____/1 * Complete ONE point in EACH of the main 6 categories/areas of wellness
- ____/1 * Complete ONE preventative screening based on your demographics (as recommended by your primary care provider)
- ____/1 * Vote in the local election



(Any **three** of these MUST be completed as part of your 15 overall points to qualify for the premium reduction)

Emotional _____ Point(s) earned

- ____/2 **Keep a Journal for 3 months focused on your mental/emotional health and growth
- ____/2 **Take a break from all social media (60 straight days)
- ____/2 **Keep a gratitude journal (60 straight days)
- ____/2 **Read/Listen to a book about mental/emotional health _____
- ____/1 *Attend/listen to mental health, mindfulness webinar _____
- ____/1 *Attend/participate in a community mental health event _____
- ____/1 *Contact an EAP counselor for a free, brief counseling session
- ____/1 *Research what mental health resources are available in your community
- ____/1 *Invite a co-worker to go on a walk during your break (5 times about 1 hour total)
- ____/1 *Listen to a podcast about mental/emotional health (one-hour minimum) _____
- ____/1 *Attend an onsite/virtual EAP workshop _____
- ____/1 *Other (provide description) _____
- ____/1 *Other (provide description) _____



Community _____ Point(s) earned

- ____/2 **Read/Listen to a book about a Community Activist or Organizer
- ____/2 **Serve on a Community Board (PTA, HOA, etc.)
- ____/2 **Donate 5 requested items to a local program or safe house (homeless or women's shelter)
- ____/2 **Volunteer at Tabitha's Way (minimum of 2 hours)
- ____/1 *Research city trails and take three (3) 1 mile walks or runs on these trails
- ____/1 *Participate in a Beautify Lehi project or a separate community service project
- ____/1 *Attend a community education class or community event (one-hour minimum)
- ____/1 *Attend/volunteer at the City Expo, Lehi Round-Up Week, or Family Week
- ____/1 *Support a local school event _____
- ____/1 *Donate needed items to the Literacy Center or Senior Center/Meals on Wheels
- ____/1 *Donate new or gently used stuffed animals to the Police or Fire Departments
- ____/1 *Attend the Legacy Center Halloween Event
- ____/1 *Visit a State or National Park
- ____/1 *Other (provide description) _____



Activities may be worth 1 – 3 wellness points which is indicated next to the description.

2025-2026 Tracker

Name: _____



Financial

_____ Point(s) earned

- ____/2 **Read/Listen to a book about improving your finances
- ____/2 **Create or Update a Will or Trust
- ____/2 **Set up or add to a personal emergency fund and save \$1000 in this fund
- ____/1 *Attend a financial planning workshop (minimum of 1 hour)
- ____/1 *Schedule an individual appointment with a financial counselor
- ____/1 *Attend an individual appointment with URS for Retirement Planning
- ____/1 *Pay down a debt/loan (to zero balance) that you've had for more than one year
- ____/1 *Set up a NEW my529 college savings account
- ____/1 *Complete one of the rebates from PEHP
- ____/1 *Other (provide description) _____
- ____/1 *Other (provide description) _____
- ____/1 *Other (provide description) _____



Career

_____ Point(s) earned

- ____/2 **Read/Listen to a book related to your career _____
- ____/2 **Plan and lead a team-building exercise with your co-workers
- ____/1 *Attend employee Health & Wellness Fair (September)
- ____/1 *Attend Open Enrollment Fair (May)
- ____/1 *Attend a City Council Meeting
- ____/1 *Attend an EAP workshop or participate in a webinar that is related to your job
- ____/1 *Catch a co-worker or boss going above and beyond and submit the story to the newsletter
- ____/1 *Complete the Lehi City CPR/First Aid class or a required department safety class
- ____/1 *Attend a skill training class, conference, or certification workshop specific to your job
- ____/1 *Other (provide description) _____
- ____/1 *Other (provide description) _____
- ____/1 *Other (provide description) _____

See our City
Wellness
Program
Summary for
additional
information or
contact a
Wellness
Advocate or
HR for further
explanation.



Social

_____ Point(s) earned

- ____/2 **Volunteer at an animal shelter or humane society or a local animal shelter (one-hour minimum)
- ____/2 **Volunteer to coach for a Youth Recreation team
- ____/1 *Attend another department staff meeting _____
- ____/1 *Attend an annual city employee gathering (Mayor's BBQ/Holiday Event)
- ____/1 *Participate in the Annual Fox Hollow Golf Event
- ____/1 *Utilize one of the City's Thanksgiving Point passes (contact Info Center)
- ____/1 *Play/Enjoy the City Disc Golf Course
- ____/1 *Submit a "Getting to Know You" bio for the employee newsletter
- ____/1 *Find and attend a community club activity (book club, biking club, hiking club, etc.)
- ____/1 *Attend a Community Paint Night
- ____/1 *Other (provide description) _____
- ____/1 *Other (provide description) _____



Activities may be worth 1 – 3 wellness points which is indicated next to the description.



Physical

_____ Point(s) earned

- ____/3 ***Participate in the Lehi IronMan triathlon
- ____/3 ***Participate in a Sprint Triathlon (other than Lehi IronMan) _____
- ____/3 ***Set an Activity GOAL and track your experiences in a Journal or App for 3 months
- ____/3 ***Keep a food journal or tracking app for 3 months
- ____/3 ***Participate in a LONG-distance organized walk/run (>13.1 miles) _____
- ____/2 **Take a hike of 10+ miles roundtrip with an elevation change of at least 1000 ft
- ____/2 **10,000 step count every day for 30 consecutive days
- ____/2 **Read/Listen to a book about improving your physical health
- ____/2 **Participate in an organized walk/run race 5K, 10K _____
- ____/2 **Walk 200 total miles this year (track using a journal or app)
- ____/2 **Take a hike of 5+ miles roundtrip with an elevation change of at least 500 ft
- ____/2 **Participate in an organized Bike Race (>30 miles) _____
- ____/1 *Get your annual Flu Shot (Typically appointments are in October)
- ____/1 *Dental Exam (ONE point maximum can be earned per wellness year)
- ____/1 *Vision Exam
- ____/1 *Pap Test - Cervical Cancer Screening (cannot count as a required point if counted here)
- ____/1 *Mammogram - Breast Cancer Screening (cannot count as a required point if counted here)
- ____/1 *Colonoscopy - Colorectal Cancer Screening (cannot count as a required point if counted here)
- ____/1 *PSA Test - Prostate Cancer Screening (cannot count as a required point if counted here)
- ____/1 *Dermatology – Skin Cancer Screening (cannot count as a required point if counted here)
- ____/1 *Donate Blood to the Red Cross or other organization
- ____/1 *Donate Plasma
- ____/1 *Schedule an appointment (for you) with NICE using their App (can't count as a required point if counted here)
- ____/1 *Attend a Dietitian onsite workshop
- ____/1 *Nutrition/Weight Management wellness challenge
- ____/1 *Participate in PEHP's Health Coaching program
- ____/1 *Listen to a podcast about improving your physical health (one-hour minimum) _____
- ____/1 *Attend a workout class at the Legacy Center
- ____/1 *Other (provide description) _____
- ____/1 *Other (provide description) _____
- ____/1 *Other (provide description) _____



Subtotal 'Required' Points _____

Subtotal Emotional Points _____

Subtotal Community Points _____

Subtotal Financial Points _____

Subtotal Career Points _____

Subtotal Social Points _____

Subtotal Physical Points _____

Grand Total of Points (All Categories) _____ /15

