

Points Guide 2026





LIVEWELL
LIBERTY



Ready, Set Health!

July 1, 2026 - June 30, 2027

This Wellness Program is designed to help you achieve and maintain a healthy lifestyle. Complete various wellness activities to earn paycheck rewards. For a complete list & details of challenges, visit your wellness program home page. The Health Risk Assessment is required to earn the incentive of up to \$500, paid out biweekly on paychecks

Getting Started

\$50

Health Risk Assessment

Complete a 10-minute health risk assessment to receive a customized Health Profile and real health age.

\$100

Annual Physical

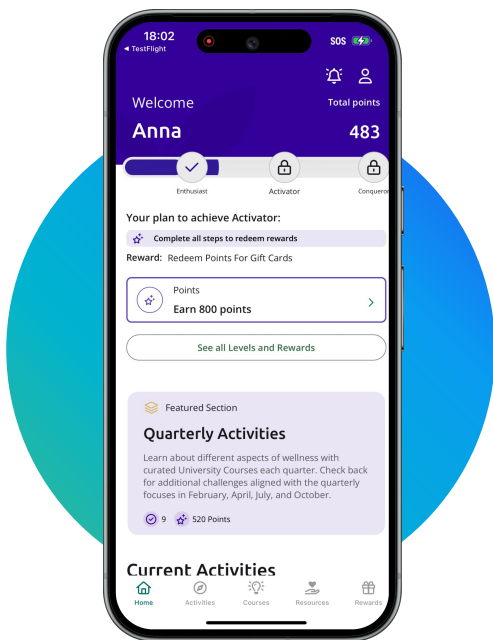
Complete an annual exam with your PCP. Submit proof of completion such as an Explanation of Benefits, a screenshot of a confirmation email or receipt.

Getting Started

Preventive Care

Additional Activities

Personal Challenges



Wellness Your Way

Download the WellRight Mobile App



Scan to the QR code Download



Complete preventive care activities to earn up to \$100 in paycheck rewards.

Preventive Care

- Getting Started
- Preventive Care**
- Additional Activities
- Personal Challenges

\$75
Cervical Cancer Screening
Complete a Cervical Cancer Screening if recommended to you. Submit proof of completion such as an EOB, a screenshot of a confirmation email or receipt.

\$75
Mammogram
Complete a mammogram exam if recommended to you. Submit proof of completion such as an Explanation of Benefits, a screenshot of a confirmation email or receipt.

\$75
Colonoscopy
Complete a colonoscopy if recommended to you. Submit proof of completion such as an Explanation of Benefits, a screenshot of a confirmation email or receipt.

\$75
Prostate Exam
Complete a prostate exam if recommended to you. Submit proof of completion such as an Explanation of Benefits, a screenshot of a confirmation email or receipt.

\$50 / \$25 each
Dental Exams
Complete your annual dental exams. Submit proof of completion such as an Explanation of Benefits, a screenshot of a confirmation email or receipt.

\$25
Eye Exam
Complete your annual eye exam. Submit proof of completion such as an Explanation of Benefits, a screenshot of a confirmation email or receipt.

\$25 each
Vaccines
Get your Flu, COVID, Shingles, Pneumonococcal, or TDAP vaccine. Submit proof of completion such as an Explanation of Benefits, a screenshot of a confirmation email or receipt.



Additional Activities

- Getting Started
- Preventive Care
- Additional Activities
- Personal Challenges

\$50
Move It

Whether you're cycling, dancing, or hitting the gym, every minute counts towards your wellness goals! Track at least 7,000 steps per for at least 100 days.

\$25
Wellbeing Courses

Earn additional points for completing up to 25 wellbeing courses. Each course is between 3 - 10 minutes long with a knowledge check at the end of each course.

\$25
Nutrition 101 - August

Choose and complete 7 nutrition activities during the month of August and comment on the activity you completed..

\$25
Hydration Nation - November

To complete this challenge, drink at least 64 to 100 oz of water each day over the next 4 weeks. For each day you hit your goal, track 'Yes' and aim to hit it for at least 25 days.

\$25
March in Motion - Group Challenge

Spring is the perfect time to get moving! In this team-based activity challenge, you'll team up with coworkers, build healthy momentum, and stay active all March long.

\$25
Virginia 10-miler

Compete in the Virginia 10-miler! Use the code provided to register for free. Upload proof of completion such as your finish time or a photo of you at the event!

\$25
Athletic Event

Finishing a 5K or stepping up to a weightlifting challenge, you're rocking it with your killer focus and physical prowess. To complete this challenge, submit proof of participation and comment with the event name and date.

\$100 / \$25 each
Wellness TED Talks

Attend Liberty University presentations to earn points. Your attendance will be tracked for you.

\$25
Sleep Well - September

Choose and complete 7 healthy sleep activities during the month of September and comment on the activity you completed..

\$25
Finance Fitness- January

Choose and complete 7 activities during the month of January and comment on the activity you completed. Mix and match from the list provided and feel free to repeat a favorite with a new account, tool, or resource!

\$25
Mindfulness Moments - May

To complete this challenge, try the mindful activities below over the next 4 weeks. For each activity you try, leave a comment sharing which activity it was and how it went. Submit one comment per activity.



WellRight Your Way

PERSONAL & PEER TO PEER CHALLENGES

Earn up to \$25 (\$5 each)

Pick from hundreds of ideas or create a custom challenge to help you work on what YOU want to work on.

Not sure where to start? Check out your Wellness Insights for recommendations based on your personal Health Results.

