

# EIGHT PILLARS OF WELLNESS

## PHYSICAL



- 6 Personal Training Sessions - Receipt
- Gym Attendance Report - 10x a month for 6 months
- Online Programs in the Portal
- County Sponsored Event - Participation Certificate
- 5 Fitness or Yoga Classes - Attendance report or Receipt
- Live Healthy Iowa Challenge - Participation Certificate
- Prevention or Awareness Run/Walk - Receipt/Picture
- ISAC Accelerate Walking Challenge - Participation Certificate

## NUTRITION



- WondrHealth(FormerlyNS) - Receipt
- Balanced Habits - Receipt
- Weight Watchers - Receipt
- Noom - Receipt
- Meet with a Nutritionist - Receipt
- Profile by Sanford - Receipt
- Online Programs in the Portal
- County Sponsored Event - Participation Certificate

## COMMUNITY



- Four Hours of Volunteer Community Service - Completion Certificate
- First Aid CPR Classes - Completion Certificate
- Pack the Backpack - Participation Certificate
- Meals for the Heartland - Participation Certificate
- Online Programs in the Portal
- County Sponsored Event - Participation Certificate
- Blood/Plasma Donation - Confirmation Email

## BALANCE



- 1 Hour Message - Receipt
- Online Programs in the Portal
- County Sponsored Event - Participation Certificate

## FINANCIAL



- Meet with a Financial Planner - Receipt
- Meet with an Estate Planner - Receipt
- Meet with a Retirement Advisor - Receipt
- Online Programs in the Portal
- Understanding your IPERS webinar - Completion Screen Shot
- Legacy Financial webinar - Participation Certificate
- County Sponsored Event - Participation Certificate

## MINDFULNESS



- Meditation Session - Receipt
- 3 Therapy Sessions - Receipt
- Online Programs in the Portal
- County Sponsored Event - Participation Certificate

## SOCIAL



- Club Participation - Attendance, or Confirmation Email
- County Sponsored Event - Participation Certificate

## PURPOSE



- Prevention or Awareness Event - Receipt/Picture
- Online Programs in the Portal - Completion Screen Shot
- County Sponsored Event - Participation Certificate