Warren County Wellness Points List

Points system beginning November 1, 2025 through October 31, 2026.
Employees will need to earn 1000 points throughout the 12 months to qualify for the 2027 - $50 wellness incentive. Below are ways you can earn points:

DOCTOR APPOINTMENTS

Annual Physical Exam	200
Wellness Screen – In house or with your medical provider	100
Download HealthJoy Application	100
Colonoscopy	100
Annual Eye Exam	50
Bi-Annual Dental Exam	50
Mammogram or Prostate (1 per year)	50
Specialist (4 times/year)	50
Bone Density Scan	50
Vaccines (flu, shingles, pneumonia, covid)	15
Blood Pressure Check (1 time per week)	5
Doctor on Demand (Yourself 10 pts, family 5 pts, max 20 pts/month)	5

WALKING / RUNNING / BIKING

Pedometer -25,000 steps/week	5
Pedometer -50,000 steps/week	10
Pedometer -75,000 steps/week	15
Pedometer-100,000 (and above) steps/week	20
Running (5 points/mile 40 points max/month)	5
1k Walk/Fun Run/Healthiest State Walk	5
5k	25
10k / CrossFit Challenges	50
20k or 1/2 marathon	100
Marathon or Triathlon	200
Bike Ride (5 points/ 5 mile 40 points max/month)	5
Workout @ home/gym 5pts per workout 50pt month max	5
Watersports (paddleboard, swimming, kayaking, canoeing, rowing) 5pts per 50pt month max	5

PHYSICAL / EMOTIONAL / MENTAL

Massage/Chiropractor/Acupuncture/PT (1x per each weekly)	10
Read a book - 60 points maximum	5
Employee Garden Share - 5 points per trip Max 20 pts.(must be more than 2 items)	5
Visit with a Financial Advisor	10
Attend a support group (Weight Watchers, Bible Study, AA, Etc…) (1 time per week max)	10
Give up unhealthy habit for a month (Smoking Cessation, no caffeine, no candy) 5 pts/month	5
Food Tracking App - Must track Breakfast, Lunch, Dinner for 7 days	15
Live Healthy Iowa - Strut your pup, Burst your Thirst, The Next Step	20
Virtual/in-person mtg or check-ins w/ dietician, health or wellness coach 1x weekly	15
Participate in Live Healthy Iowa (10 week)	50
Fishing & Hunting 60-point annual maximum	5

WELLNESS CHALLENGES

Healthy Selfie 20-point max	5
Wellness Presentation	20
Wellness Challenges	TBD
Turkey Trot - Weigh in (November)	25
Turkey Trot - Weigh out (January)	25
Water Tracking - Minimum of 64 oz. per day for 7 days	5

COMMUNITY INVOLVEMENT

Participate in an Adult Sport/League	50
Blood/Plasma - yearly Max. 160	40
Attend/Participate in a Warren County Conservation Activity/Program	20
Special Olympics - Dodgeball, Polar Plunge, Torch Run	20
Attend/Participate in a Parks and Recreation Department Activity or Program	15
Volunteering in Community- 2 to 4 hours per month	10
Volunteering in Community- 5 or more hours per month	15
CPR Training annual	20
Coaching Youth Sport	50
Election Runner	25
Meals-On-Wheels Delivery Volunteer (Contact Nutrition for specific route)	25
Wellness Meeting Attendance 50% committee mtgs (50 addtl points to Chair and CoChair)	25

WEIGHT LOSS - Maximum 60 Points

Lose 2% to 5%	20
Lose 6% to 8%	20
Lose 9% and above	20

Questions or suggestions please contact your Wellness Champion to report to the Wellness Committee.

Updated 12/2025

Wellness Champion Contact Information

Department	Name	Email
Assessor	Janet Bunce	JanetB@warrencountyia.org
Attorney	Ellie Phillips	EllieM@warrencountyia.org
Auditor	Katie Swanson	KatieS@warrencountyia.org
BOS – DCAT	Mikayla Brobst (Co Chair)	MikaylaB@warrencountyia.org
Conservation	Mallory Wells	MalloryW@warrencountyia.org
Engineer/Secondary Roads	Ashley Thompson	AshleyT@warrencountyia.org
Health Services – General Assistance	Paige Grochala	PaigeG@warrencountyia.org
IT	Matt Ver Steeg	MattVS@warrencountyia.org
Maintenance	Katie Swanson	KatieS@warrencountyia.org
Nutrition	Marty Davis	MartyD@warrencountyia.org
Recorder	Sharon Wiley	SharonW@warrencountyia.org
Sheriff Office	Lisa Ohlinger (Chair)	LisaO@warrencountyia.org
Treasurer	Savana Colwell	SavanaC@warrencountyia.org
Zoning	Emily Wiederholt	EmilyW@warrencountyia.org

Concerns with Wellness Champion please contact Wellness Chair.