

NOVEMBER

This month you will focus on engaging in cardiovascular exercise, drinking water, and concentrating on personal health issues by participating in an annual exam.

POINTS (The *maximum* number of points that can be earned for each category is listed below.)



CARDIOVASCULAR EXERCISE (Walking, Biking, Swimming, Running, etc.)

- 30 minutes = 1 point
- 60 minutes = 2 points



MEN'S HEALTH/WOMEN'S HEALTH

- Annual Wellness Exam = 15 points*
 - ** If you have had an annual wellness exam (PERFORMED BY A PHYSICIAN) within the last year, you will earn 15 points. If not, please schedule a well-check with your PCP to earn the 15 points.*










































































WATER

- 32 ounces = 1 point

YOU MUST GET A TOTAL OF **20** POINTS TO REMAIN ELIGIBLE FOR YOUR MIP POINTS.

YOU MUST GET A TOTAL OF **50** POINTS TO BE ELIGIBLE FOR THE MONTHLY DRAWING.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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