

# Welcome to your 2026 Wellness Program!

The Town of Burlington and **ahealthyme** are excited to provide this wellness program for the 2026 benefit year! You will have opportunities to participate in Wellness Events/Challenges and More!

## Your 2026 Wellness Incentive

It's simple! Accumulate 150 points through your participation in various events from January 1, 2026 – December 31, 2026, and meet the minimum program requirements (see below), to earn a \$100 gift card!

You're eligible to earn points by completing Program activities. Each point is worth one dollar toward a gift card that you can redeem at hundreds of national stores and online retailers by going to your **ahealthyme** home page and clicking on the "redeem" link within your points tracker. Please note that the gift card redemption center will remain open through January 31, 2026 (one month after the deadline to earn your points).

**You are eligible to earn incentive rewards if you are a permanent benefits-eligible Burlington employee.**

*You do not need to be enrolled in the benefits plan to participate.*

## WELLNESS 2026 PROGRAM REQUIREMENTS

In order to be eligible for this year's incentive, you MUST complete the requirements by December 31, 2026.

### STEP 1 – Register for aHealthyMe

This is provided to ALL benefits-eligible employees courtesy of Blue Cross Blue Shield of Massachusetts (*you do not need to be a Blue Cross member to participate*).

Blue Cross members - go to <http://wellness.ahealthyme.com/> to get started

Non Blue Cross members - [please use this link](#) to request your account

Your participation in this platform is voluntary and will be maintained confidentially – the information you access and provide is secure and will not be shared with the Town.

### STEP 2 – Connect your Fitness Tracker

This can only be done on the Alaveda app (registration code is "wellness"). This will allow you to earn points through challenges and other daily activities.

### STEP 3 – Complete Activities

Complete activities of your choosing to earn points toward the yearly goal.

***Your personal information submitted through aHealthyMe is never shared with your employer.***

***Some activities will need to be activated by the employer  
In these instances personal health information will not be requested***

***Remember to claim your gift card by January 31, 2026!***

Once you reach 150 points, claim through the "redeem" link within your **ahealthyme** points tracker

# Points To Wellness

It's simple - **accumulate 150 points by December 31, 2026 to earn a \$100 gift card!** The chart below outlines all of the different events and activities that you can complete to earn points. Start making plans for a better you this year!

<b>Points-Eligible Activities</b> - Complete activities from the programs and events below. <i>Log into ahealthyme to certify your completion</i>	<b>POINT VALUE</b>
<b>Health Assessment</b> – complete through the Health Assessment tile on ahealthyme	<b>20</b>
<b>Challenges!</b> – Complete the following challenges coming up this year: <ul style="list-style-type: none"> <li>• <b>Fruits &amp; Veggies:</b> eat at least 5 servings of fruits/vegetables a day <i>Jan-Feb 2026</i></li> <li>• <b>Go the Distance steps challenge:</b> log 7,000 steps per day on average <i>Apr-May 2026</i></li> <li>• <b>Hydration:</b> consistently drink at least 64 ounces of water throughout the day <i>Sep-Oct 2026</i></li> <li>• <b>Maintain Don't Gain:</b> healthy holiday challenge <i>Nov-Dec 2026</i></li> </ul>	<b>15 each</b>
<b>Routine Physical Exam</b> – Complete your Annual Physical with your Primary Care Physician	<b>10</b>
<b>Recommended Age-Based Screening</b> - Complete a routine screening ( <i>i.e. colonoscopy, mammogram</i> )	<b>10</b>
<b>Routine Dental Cleaning</b> – Visit your dentist for your routine cleaning	<b>10</b>
<b>Tobacco Free for 12 months</b> – certify that you have not used tobacco products in the prior 12 months	<b>5</b>
<b>Nicotine Replacement Therapy</b> – Nicotine Replacement Therapy increases your chances of quitting smoking. Collect points after you receive your NRT.	<b>10</b>
<b>Log 7,000 steps in a day</b> (up to 50 days per year)	<b>1/day 50 max</b>
<b>Complete 30 active minutes in a day</b> (up to 50 days per year)	<b>1/day 50 max</b>
<b>Get 7 hours of sleep</b> (up to 100 nights per year)	<b>1/day 100 max</b>
<b>Complete a health and wellness course</b> (up to 2 per year) – to complete one of the many courses available, select the “Health and Wellness Courses” tile on your ahealthyme homepage	<b>15 each</b>
<b>Flu Vaccination</b>	<b>10</b>
<b>Plan for Wellness</b> (complete up to 2 per year) - access your Plan for Wellness via the Plan for Wellness tile on your ahealthyme program homepage	<b>5</b>

<b>Employer Sponsored Events</b> - Collect <b>25 points maximum</b> through the following activities ☆ Simply provide proof of completion to earn your credit using <a href="#">this healthy habit attestation form</a> or scan the QR code available through each provider:	
<b>Attend a Town-sponsored Wellness Program/Event</b> ☆ ☆ Burlington Board of Health Wellness Fair – May 2026 ☆ Employee Benefits Fair – October 28, 2026 <i>Be on the lookout for additional events!</i>	<b>5 each</b>
<b>Body Composition Scan</b> ☆ – Complimentary assessment to include weight, body fat %, muscle mass and BMI. Contact Kristen Gonzalez ( <a href="mailto:kgonzalez@burlington.org">kgonzalez@burlington.org</a> ) to schedule.	<b>5</b>
<b>Tobacco Cessation Program</b> ☆ – complete any tobacco cessation program including LivingFree in the “Health & Wellness Courses” tile on your ahealthyme homepage	<b>10</b>
<b>Mail Order Prescription</b> ☆ – Obtain a discounted prescription through your health plan’s mail order program or through the free <a href="#">BurlingtonScripts program</a>	<b>10</b>

**Remember to claim your gift card by January 31, 2026!**

Once you reach 150 points, claim through the "redeem" link within your **ahealthyme** points tracker