2026/2027 Scantic Valley Regional Health Trust/ Health New England Wellness Points Program

wellness program
Scantic Valley Regional Health Trust

Welcome to the 2026/2027 SVRHT Wellness Works Program, a collaboration between Health New England and Scantic Valley Regional Health Trust Group. **This program runs from October 15th - May 31** The program is open to HNE Subscribers and spouses through your employer via Scantic Valley Regional Health Trust.

The Wellness Points Program rewards you for taking positive steps towards a healthier lifestyle. Earn ten points for most challenge/class/program/habit completed. This year, some of the challenges will be worth 20 - 30 points. **In order to be eligible for any of the incentives, you must achieve at least 50 points.** We have made that easy because you will get 20 points each for taking your online health assessment and getting your annual physical with your primary care physician. Many other programs are worth 10, 20 or 30 points.

A maximum of 200 points total can be earned throughout the program timeframe (October 15th- May 31). Each point is worth $1. Points will be totaled (up to 200) in June 2027 and a gift card voucher will be awarded.

All points earned for HNE activities will be shown on your WebMD portal. . For more information and how to learn about ways you can earn points, **click here**

Paper trackers will be delivered to Julia Wilkins - Jwilkins@hne.com

Online courses and programs outside the HNE WebMD portal will be announced each month. these bonus programs that you take from outside the WebMD portal will be added throughout the year. Please allow up to one month to show in your account.

For program questions contact SVRHT Wellness Coordinator, **Marcy Morrison**
Marcy@scantichealth.org

For WebMD portal questions, please contact Quality Improvement Program Specialist, **Julia Wilkins** (JWilkins@hne.com)

HNE Programs

Physical Activity

10,000 Steps Challenge

Get Up & Move Challenge

Strength Training Challenge

Jump Start Program

The Pregnancy Plan

10 Points Each

Nourishment

You Are What You Eat #1: Carbohydrates

You Are What You Eat #2: Fats

You Are What You Eat #3: Fruits and Vegetables

You Are What You Eat #4: Protein

You Are What You Eat #5: Drinks

You Are What You Eat #6 - The Family Plan

Eating Healthy on a Budget

Nutrition Label 101

Portion Control and Mindful Eating

10 Points Each

Balance

SMART Health Goal Setting

The Blood Pressure Challenge

The StressLess Challenge

A Good Night's Sleep

Life in Balance

Acts of Kindness Challenge

Power of Being Present

Building a Budget

Resilience and Thriving

A Month of Gratitude

10 Points Each

Daily Habits - These programs are more in-depth and take a few weeks to complet. They are focused on helping you make changes that help you achieve optimal health.

Back Health

Balance Your Diet

Balanced Living

Emotional Health

20 Points Each

Exercise

Keep Stress In Check

Lose Weight

Sleep Well

Quit Tobacco

To find these programs in the WebMD portal, click here

Get your annual physical with your primary care physician **20 Points**
Take HNE Online Health Assessment

Diabetes programs are available through Health New England
Good Health Gateway

Get Lean Permanently (GLP-5) - our weight management program for anyone who has struggled with weight and metabolic health (blood sugar, blood pressure, cholesterol, and/or waist circumference). **30 Points**
If you have ever thought about taking a GLP-1 drug for weight loss, this program is for you! If you took this course last year, it will be updated this year - you can contact Marcy for additional program details.

You can also participate in the Healthy Fit Family Fitness app as a part of this program. Participation in the app's 6-week program is worth **20 points.**

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We will also have numerous online programs offered each month to help you earn points while you stay healthy! Look for information in your HNE / WebMD portal and in you SVRHT Monthly Wellness Newsletter. Program links will be available when the programs are released.

Bonus Point Programs (Proof of each will be required). Proof of completion can be emailed to **Marcy@scantichealth.org**

There will be numerous bonus programs to participate in this year, including:

- **Stress Less this Fall (10 points)**
- **The Science Behind Better Sleep (10 points)**
- **Healthy Happy Holidays (20 points)**
- **30/30/30 Challenge (20 points)**
- **Resolution Reset (20 points)**
- **Dry January (10 points)**

Flu Shot
You will receive **10 points** for getting your annual flu shot.

Blood Donation
You will receive **10 points** for donating blood this year. You could save a life with this simple act of kindness.

Cancer Screenings - Mammogram. Colonoscopy or PSA screenings are worth **20 points each.**

Dental Check-Up
Getting your annual cleaning and check-up with your dentist can help prevent disease - not just dental and gum disease!
You will receive **10 points** for your dental check-up.

You can send proof of these bonus incentives to
Marcy@scantichealth.org