MyWellness

Preventive Health Activity Form

Preventive health activities are an important part of a long and healthy life. They include a variety of health screenings, wellness visits and even personal training sessions.

2024 Program Year Dates

Eligible activities must occur between:
November 1, 2023 – October 31, 2024

Forms are due by:
October 31, 2024

MyWellness Points

Complete a preventive health activity: **500**
(up to six times per program year)

To submit a preventive health activity for points

Submit a new form for each preventive health activity you complete, up to six per program year. You may complete the same activity more than once. As an alternative to this Preventive Health Activity Form, you may submit health results; proof of screening, exam or session; or an Explanation of Benefits (EOB) from your medical insurance provider.

1. **Make** an appointment with your health care professional.

2. **Print** this form and take it with you to your appointment.

3. **Complete** this form with your health care professional. Missing information could cause a delay or denial of your MyWellness Points.

4. **Scan** or take a photo of your form and save it to your device.

5. **Visit** the Programs page on the MyWellness website and select Preventive Health Activities. Next, click Start Now to enter some basic information and upload your form.

Need help submitting your form?

Contact Virgin Pulse Member Services

833.721.4094
(Monday – Friday, 8 a.m. – 9 p.m. ET)

support@virginpulse.com

Live Chat Support
(Monday – Friday, 2 a.m. – 9 p.m. ET)

Preventive Health Activity completed (select one):

Primary Care Annual Visit
Cancer Screening
CommonSpirit CIN Coaching Visit
Dental Visit
Mental Health Screening/Visit or Lyra Appointment

Personal Training Session
Prenatal/Postnatal Visit
Registered Dietitian Visit
Tobacco Cessation Counseling
Vision Exam

_____
Employee name

_____
Employee signature

_____
Health care professional name

_____
Health care professional signature

_____
Health care professional phone number

_____
Date of activity

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CommonSpirit