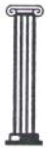




EIGHT PILLARS OF WELLNESS

PHYSICAL



- 6 Personal Training Sessions - Receipt
- Gym Attendance Report - 10x a month for 6 months
- Online Programs in the Portal - Completion Screen Shot
- County Sponsored Event - Participation Certificate
- 5 Fitness or Yoga Classes - Attendance report or Receipt
- Live Healthy Iowa Challenge - Participation Certificate
- Prevention or Awareness Run/Walk - Receipt/Picture

NUTRITION



- Naturally Slim - Receipt
- Balanced Habits - Receipt
- Weight Watchers - Receipt
- Mercy Provided Online Education Session - Completion Certificate
- Profile by Sanford - Receipt
- Online Programs in the Portal - Completion Screen Shot
- County Sponsored Event - Participation Certificate

COMMUNITY



- Four Hours of Volunteer Community Service - Completion Certificate
- First Aid CPR Classes - Completion Certificate
- Pack the Backpack - Participation Certificate
- Meals for the Heartland - Participation Certificate
- Online Programs in the Portal - Completion Screen Shot
- County Sponsored Event - Participation Certificate

BALANCE



- 1 Hour Massage - Receipt
- Online Programs in the Portal - Completion Screen Shot
- Mercy Provided Online Education Session - Completion Certificate
- County Sponsored Event - Participation Certificate

FINANCIAL



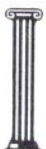
- Meet with a Financial Planner - Receipt
- Meet with an Estate Planner - Receipt
- Meet with a Retirement Advisor - Receipt
- Online Programs in the Portal - Completion Screen Shot
- County Sponsored Event - Participation Certificate

MINDFULNESS



- Meditation Session - Receipt
- 3 Therapy Sessions - Receipt
- Online Programs in the Portal - Completion Screen Shot
- County Sponsored Event - Participation Certificate

SOCIAL



- Online Programs in the Portal - Completion Screen Shot
- County Sponsored Event - Participation Certificate

PURPOSE



- Prevention or Awareness Event - Receipt/Picture
- Online Programs in the Portal - Completion Screen Shot
- County Sponsored Event - Participation Certificate