



Inova Well’s main goal is to support Inova team members and encourage a healthier life. Wellness recognition is as easy **1,2,3**.

As you complete these activities, you will receive High Fives points you can redeem in the online reward catalog **located on the High Fives platform**.

1	PERSONAL HEALTH ASSESSMENT	Complete the online questionnaire at www.inovawell.org .*	2,500 points
2	PRIMARY CARE PHYSICIAN VISIT	Visit any primary care physician. Complete the form and upload health screening results associated with the visit.**	2,500 points
3	HEALTH MAINTENANCE VISIT	Submit proof of visit from a health specialist such as a dentist, dermatologist, or optometrist. See www.inovawell.org for a list of qualified specialists. Complete the form and upload it to www.inovawell.org .	2,500 points
BONUS POINTS		Complete all three activities in the same calendar year and receive an additional 2,500 High Fives points.	2,500 points
TOTAL HIGH FIVES POINTS AVAILABLE: 10,000			

High Fives points are allocated at the beginning of each month following your submission.

Learn more about our free wellness services at www.inovawell.org.

* All data received by Inova Well is kept confidential.

** On-site Inova Well health screenings are limited in scope and may not be used to meet the lab test results requirement from your Primary Care Physician visit.