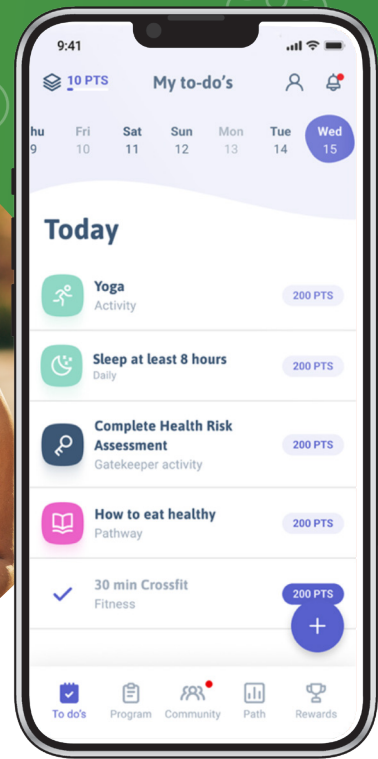


# myHC360+ for MY HEALTH REWARDS



## How to Submit an Activity

My Health Rewards allows you to earn points for healthy activities. Enough points can earn you up to \$350 a year. Here's how to complete and submit your activities to earn points...

### ADD YOUR ACTIVITY TO YOUR TO-DO LIST

- » Navigate to your Program Tab on the bottom dashboard.
  - From the Available List, click on your activity and choose + Add to To Do's.
- » Platform Activities are activities that automatically happen behind the scenes and do not need to be added to your to-do list.

### COMPLETE YOUR ACTIVITY AND SUBMIT FOR POINTS

- » Click To Do on the bottom left.
- » Choose the activity you wish to complete.
- » If the activity requires proof, click Upload Proof.
  - Choose from your documents, gallery or snap a picture and click Send Proof.
  - You will be notified via email/push notification once approved.
- » If the activity does not require proof, simply Mark it Done.

### HOW DO I KNOW THE STATUS OF MY SUBMISSION?

- » Click Program on the bottom dashboard.
- » The list of activities that are on your To-Do List show at the top.
- » Activities that are pending approval say Pending.
- » Scroll down to see your completed activities show Complete at the bottom.

Looking for more How-Tos on the app? Visit the [HealthCheck360 Knowledge Base](#).

If you are unable to meet a health outcome for an incentive under the My Health Rewards program, contact HealthCheck360 at 1-866-511-0360 for an opportunity to earn the same incentive through a reasonable alternative process.

[uab.edu/myhealthrewards](https://uab.edu/myhealthrewards)