



The City of Dallas is committed to providing you with an opportunity to earn WellPoints. In order to verify participation and completion of approved Wellness events, please provide the City of Dallas HR Benefits staff with this completed form. Please print this form and return to an HR Benefits Service Center Representative.

1. Check the applicable Exercise Program and provide details below. (Internal Use Only)

Behavior Change Verification: 25 points per behavior change. Please include number of points employee rewarded: _____.

Benefits Service Center Representative: _____ Date _____

Note: You can earn a maximum of 100 points for the Behavior Change category.

2. Attach Proof of Participation.

Exercise/Gym Fitness Activities: You must provide proof of your exercise program. You must show proof of attending a minimum of 24 times.

Weight Loss Program: Receipt is accepted. Weight Watchers participants must attend 12 monthly pass meetings to receive 25 points. Attach the signed Weight Watchers meeting verification form to this document.

Community Race or Community Walks: Receipt, bib or visible picture of participant at the event will be accepted.

I certify that _____ has attended the gym/exercise classes 24 times.
(Signature is not needed if proof of attending the gym is given to HR Benefits Representative.)

Trainer/ Instructor Signature

Name/Location

Date

4. Employee Information

Last Name _____ First Name _____ MI _____ Employee ID _____

Signature _____ Date _____
(Required for processing)

Address _____ City _____ State _____ Zip _____



Your Health Matters