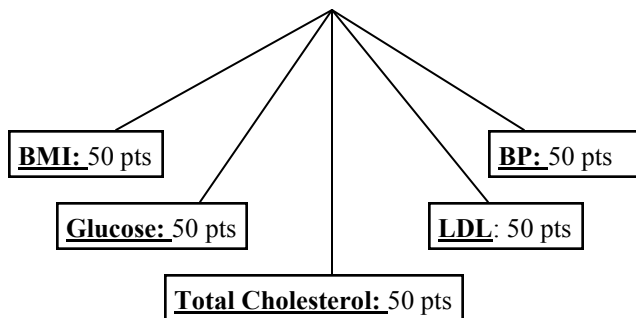




How to meet your STARS goal:

Biometric Blood Work



**Scores within the desirable range,
or 5% improvement from last year
can earn you up to 250 points.**

Take a Healthy Step

TRC / TAHS
Activity List

Monthly Participation Report

Activity Completed	Date

I attest that the information stated above is accurate.

Along with the internal requirements of completing the biometrics, sharing your results with your physician, completing the *My Health* risk assessment, providing documentation for your annual physical and dental, STARS members *must* earn a total of 500 points between the biometric results AND completing tasks from the new *Take a Healthy Step* tracker to meet your STARS goal.

Earn a minimum of 500 points to either become or maintain ALL STARS (STARS II) status.

If any areas are *not* complete *and/or*, 500 points are *not* met, you will move to or maintain SHOOTING STARS (STARS I) status.