

March 24, 2023

Volunteer Activity SVHS Intranet Posting

Contributing to My Community

Building Relationships

Learning New Things

Volunteering can make a positive difference in your health while you make a positive difference in your community. Serving others can give you a sense of purpose and help you stay active.

Here are some of the types of volunteer activities you can do that are eligible for MyWellness Points. These can be performed on your own or at events sponsored by your work location.

- CommonSpirit Mission activity
- Blood donation
- Charitable walk, run, etc.
- Food bank
- Violence prevention
- Neighbor assistance
- Community need
- Mentoring program
- Other

To submit your volunteer activity:

Click the Start Now button and complete the online Volunteer Activity Form.

To be eligible for MyWellness Points in 2023, the volunteer activity must occur between November 1, 2022 and October 31, 2023. Your completed form must be submitted by October 31, 2023.

You must complete a separate form for each volunteer activity you perform. You may complete the same activity more than once.