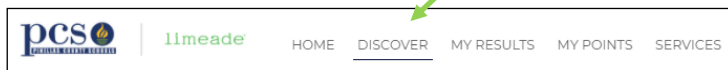# How to Self Submit Exams on Limeade?

Participants can earn credits for preventative screening through Limeade. All flu shots, skin cancer screenings with a dermatologist, dental exam/cleaning, vision exams, and COVID-19 vaccines will need to be entered in manually by the participants. Below are directions for how to manually enter these exams to earn points.

Other exams, including annual physical, mammography, colonoscopy, and well women's exams will be uploaded automatically through claims. If you do not see your points for these exams within 60 days, you will need to contact the PCS Wellness Team at hillca@pcsb.org or pcs.oconnellj@pcsb.org. Please provide the exam and the date of service.
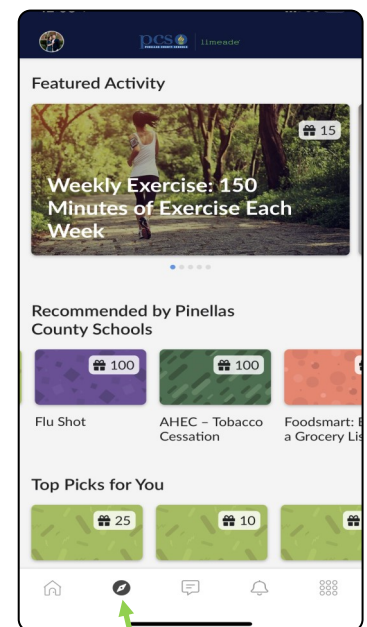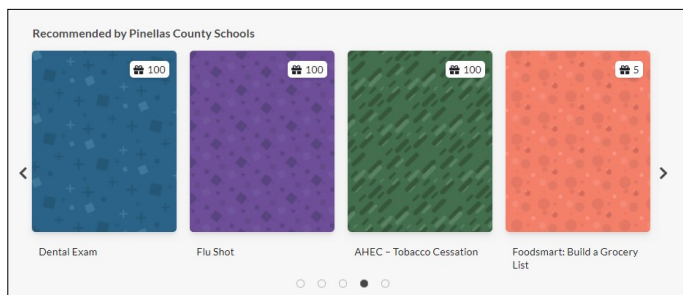
All exams must be completed between 1/1/2023 and 12/31/2023.

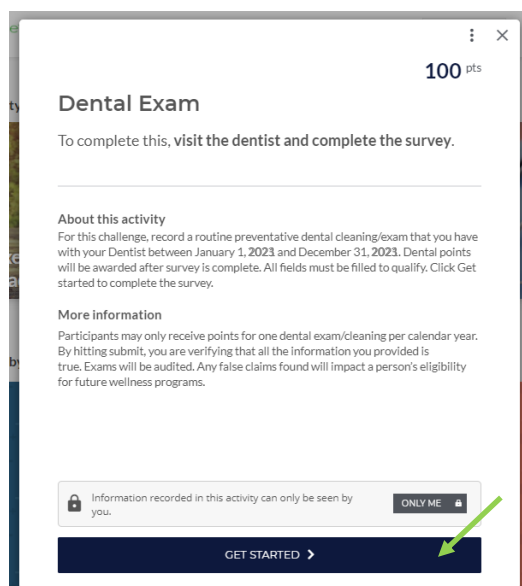**To submit a dental exam, vision exam, skin cancer screening, flu shot or covid-19 vaccine:**

1. Once logged into the Limeade through the website or app, you will visit the Discover page (compass icon on the app).

2. Under Recommended by Pinellas County Schools, you will find the exam you completed. As a reminder, you will need to self submit for the flu shots, skin cancer screenings with a dermatologist, dental exam/ cleaning, vision exams, and COVID-19 vaccines.

3. Select the activity you completed. Once you review the details, click Get Started. Complete all the fields needed and click submit. You will see your points instantly.

If you do not see the activity under Recommended by Pinellas County Schools, check the My Activities section on the Home page. If you started an activity, that activity will then appear in your My Activities.