

Incentive Point Values

Updated August 2016; Effective 9/1/16-8/31/17

Lifestyle change takes work, and we know that. Do what you can, when you can – and know every step you make is a step toward a healthier, happier life! **Be Well UC** offers many opportunities and resources to help you achieve your goals. If you have questions – reach out to our Wellness Coordinator or a Wellness Ambassador!

Step 1* - must be completed to earn Step 2 incentive:

- NEW Health Assessment (questionnaire on portal)
- Health Screening (on-campus or with healthcare provider)

Complete **Step 1** by 12/31 to earn a \$25 Amazon gift card (received via email)

Step 2* - earn up to \$240 by completing activities of your choice. Levels of achievement include:

- Bronze: 120 points = \$120
- Silver: 180 points = \$180
- Gold: 240 points = \$240

Earn Points for **Step 2** through August 31, 2017
Incentive received via paycheck

Wellness Program Options	Pts Per Activity	Max Pts
Be Well UC Events and Activities		
Participate in pop-up events/programs	10	100
Complete a learning course/test on the Asset Health portal	10	200
Complete daily mini-challenges on the Asset Health portal	5/month	60
Participate in 1:1 health coaching sessions	10	50
Participate in health coaching group/online sessions	10	50
Attend Annual Employee Benefit Fair	10	10
Feel Well		
Complete a gender/age specific health screening – mammogram, colonoscopy, vision test, etc.	20	20
Dental Exam	20	20
Attend Feel Well Lunch and Learn	10	60
Flu Vaccine	10	10
Are currently tobacco free	20	20
Complete tobacco cessation program	20	20
Eat Well		
Create and track a <i>Refuel</i> healthy eating goal	5/month	60
Attend Eat Well Lunch and Learn	10	60
Participate in the 5-week Choose This Not That Challenge (Fall 2016)	50	50
Participate in the 4-week Drink Up! Hydration Challenge (Spr 2016)	40	40
Participate in Weight Watchers or other weight reduction program	20	20
Save Well		
Participate in Save Well Lunch & Learn	10	60
Login to Castlight and compare pricing for your medical expenses	5	5
Visit a retirement vendor	10	10
Live Well		
Create and track a <i>Rest</i> healthy sleep goal	5/month	60
Login into the Impact Solutions portal	5	5
Attend a Live Well Lunch and Learn	10	60
Move Well		
Create and track a <i>Rejuvenate</i> healthy physical activity goal	5/month	60
Attend a Move Well Lunch and Learn	10	60
Participate in the 4-week Defeat the Seat Challenge (Spr 2016)	40	40



Questions?
Please contact
wellness@uc.edu
uc.edu/hr/bewelluc