

## Drexel University 2024 SPOUSE Wellness Incentive Activities

**1/1/2024 - 11/30/2024**

Activity Completion	Incentive	Points	Max	Required (Y/N)	*Start Date	*End Date
Personal Health Profile (PHP)	Complete the online PHP in order to be eligible for the wellness incentive.	50	50	Y	1/1/2024	11/30/2024
Activity Completion	Incentive	Points	Max	Required (Y/N)	*Start Date	*End Date
Biometric Screening (Onsite, Physician Form or Labcorp voucher)	Complete a biometric screening during the Drexel onsite event or via a Physician Form or Lab Voucher.	100	100	N	12/1/2023	11/30/2024
Dental Exams - Self-report in the Rewards section	Earn points for your two dental preventive cleanings per year!	50	100	N	12/1/2023	11/30/2024
Preventive Care Exams	Complete up to two age appropriate preventive care exams	50	200	N	12/1/2023	11/30/2024
Flu Shot	Protect yourself and others by getting a flu shot through your doctor or pharmacy.	50	50	N	12/1/2023	11/30/2024
Personal Pathfinder	Take this assessment to help guide you to your well-being priorities and discover what is important to you	15	30	N	1/1/2024	11/30/2024
Well-Being Workshops	Complete up to 4 workshops for credit (nutrition, weight, fitness, stress, financial wellness, etc.).	25	100	N	1/1/2024	11/30/2024
Personal Pathways	Explore online personal pathways to take action for improved well-being. There are a variety of pathways to choose from to help you build skills and learn new healthy habits.	50	150	N	1/1/2024	11/30/2024
Personal Challenges	Choose from a library of challenges you can run on your own.	25	100	N	1/1/2024	11/30/2024
Complete a Wellness Coaching Program	Complete a personalized coaching program (6 sessions over at least 3 months).	100	100	N	1/1/2024	11/30/2024
Complete a Health Education Session	Complete one call with a wellness coach	15	15	N	1/1/2024	11/30/2024
Tobacco Free/Tobacco Cessation	Attest to being tobacco free via the online tobacco affidavit or participate in a Health Advocate tobacco cessation program (online or telephonic).	50	50	N	1/1/2024	11/30/2024
Various Health Trackers	Use the health trackers to keep tabs on weight, activity, diet, sleep and more. <i>Device compatible to import Steps.</i>	1-10	40-50	N	1/1/2024	11/30/2024