Being healthy has its rewards.

Complete healthy actions to earn your incentive!

Drexel University’s A Healthier U program, in partnership with Health Advocate, can help you improve your health and well-being—plus, you can earn rewards by participating in healthy activities! This guide explains what you need to do to earn your incentive.
Earn points.

Get your reward!

All about your incentive

What is the incentive?
Earn up to 400 points to receive a $400 Drexel medical premium or waiver credit.

How to earn points
Earn points by completing the activities listed in this guide. Log on to your wellness website at any time to track your activity and see how many points you have earned so far.

What's the deadline?
Your incentive program starts January 1, 2018 and ends November 30, 2018. You are eligible to earn up to a $400 premium or waiver credit for the year. To start earning credits in your paycheck each month you will need to complete your required Personal Health Profile. Once this has been completed you can receive payouts for any points you earn each month.

Who is eligible?
Your Health Advocate Wellness incentive is available to eligible employees enrolled in a Drexel medical plan or receiving a medical waiver payment. Spouses and Domestic Partners are able to utilize the wellness program, but will not be eligible for an incentive.

We are committed to helping you achieve your best health. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Health Advocate, who will work with your HR Department to try to find a wellness program with the same reward that is right for you in light of your health status.

Get started today!
The quicker you get on the path to better health, the sooner you’ll start to enjoy the rewards of being healthy. Remember, we’re here to support you in your journey toward better health and well-being.

Just call or log on today for personalized help!
Earn points by completing wellness activities.

Required: Complete Your Personal Health Profile
Learn your health status and risks for disease.
In order to start receiving monthly payouts, you must complete the required Personal Health Profile. Once completed, you will be able to earn monthly premium credits, up to a total of $400.

Drexel On-site Wellness Activities
Earn points for participating in on-site activities at Drexel, such as events in-person or via live web-stream. Examples include:
- Employee Olympics
- Maintain Don't Gain
- Financial Fitness Series
- DrexelDoc Talks
- Emotional Wellness Workshops

Events available for Wellness Incentive Program credits will be listed on the HR Events Calendar and in the HR@Your Service Newsletter.

Please visit: http://drexel.edu/hr/about/calendar-events/
Please note that you must register for the 2018 program AND complete your PHP before you will be eligible to receive any payouts. Points for attending these events will be sent to Health Advocate on a monthly basis for the prior month’s activities. There will be a delay in these points and payouts being distributed.

Complete a Biometric Screening
The Onsite Screening event will take place on February 27, 2018
You also have the option to complete your screening via a Physician Form or a Labcorp Lab Voucher, which can be located on your member portal

Participate in Personalized Coaching
Work with a Wellness Coach to motivate and support you as you strive to reach your health goals. Coaching is unlimited, but earning points entails 6 engagements with a coach over 3 or more months. The gap between engagements cannot be longer than 45 days.

Be Tobacco-Free
Attest to being tobacco-free via the online tobacco affidavit or complete the 12-week Health Advocate Tobacco Cessation program – online or with a wellness coach. During the program you will create your own Quit Plan for personalized support and learn new tips and strategies to become – and stay – tobacco-free!

It's simple: Get healthy, earn points, get rewarded!
Earn points by using online health trackers

Use online health trackers
A maximum of 50 points for all trackers combined can be earned. A maximum of 40 points can be earned for the Charity tracker. There are many other trackers available on the wellness site for your use that are not eligible for points.

<table>
<thead>
<tr>
<th>Goal</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleep 7-9 hours daily</td>
<td>1</td>
</tr>
<tr>
<td>Steps 10,000 steps daily</td>
<td>1</td>
</tr>
<tr>
<td>Water Drink 64oz daily</td>
<td>1</td>
</tr>
<tr>
<td>Fruits and Vegetables 5 or more servings daily</td>
<td>1</td>
</tr>
<tr>
<td>Fiber 25grams daily or more</td>
<td>1</td>
</tr>
<tr>
<td>Sodium 1,500mg or less daily</td>
<td>1</td>
</tr>
<tr>
<td>Time Exercised 120 minutes weekly</td>
<td>5</td>
</tr>
<tr>
<td>Resistance Training 2 or more days weekly</td>
<td>5</td>
</tr>
<tr>
<td>Resilience 1 activity on 5 separate days per week</td>
<td>5</td>
</tr>
<tr>
<td>Charity Work 2 or more hours monthly</td>
<td>10</td>
</tr>
</tbody>
</table>

Take the next step toward your reward.

866.799.2728
Email: answers@Health Advocate.com
Web: Health Advocate.com/Drexel
Get screened and see how you measure up!

**Preventive Care Exams**
See your doctor for one of the preventive screenings below. Visits occurring between 12/1/2017 and 11/30/2018 will qualify for points.

Points can be earned for up to 2 of the following exams:
- Annual Physical Exam
- Breast Cancer Screening
- Colon Cancer Screening
- Cervical Cancer Screening
- Skin Cancer Screening
- Osteoporosis Screening
- Prostate Cancer Screening
- Well Woman Exam

Don't have a primary care physician? Call Health Advocate to find the right doctor for you.

*If you are enrolled in a Drexel medical plan, Health Advocate will securely and automatically receive proof of your visit within approximately 3 months after the date of your exam.

*If you are receiving a medical waiver payment from Drexel and are eligible to earn the wellness incentive, you can have your physician complete the Non-Medical Enrolled Preventive Exam Form and submit to Health Advocate to receive points for your exams. This form can be found under the My Points section of your Health Advocate portal.

**Health Education Session**
Complete a call with a Health Advocate Wellness Coach to review the results of your PHP and/or Biometric Screening.

**Don't Weight! Make a Change**
Complete the Health Advocate online weight loss program. During this 12-week program, you will learn tips, tricks and long-term strategies to help you not only lose the weight, but also keep it off!

**Complete Self-Guided Workshops**
Complete up to two 6-week, self-guided online wellness workshops.

You may have one workshop in progress at a time.

**Participate in Wellness Challenges**
Complete the requirements of up to two challenges sponsored by Drexel.

Stay tuned for challenge dates! Points for completion will be awarded if you track your activity each week of the challenge.

Call or log on to get started!

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