

Drexel University 2018 Wellness Incentive Points Possibilities
1/1/2018 - 11/30/2018

Activity Completion	Incentive	Points	Max	Required (Y/N)	
Personal Health Profile (PHP)	Complete the online PHP in order to be eligible for the wellness incentive.	50	50	Y	The PHP will be required again for the 2018 program. Employees will need to complete the PHP in order to start receiving monthly incentive payouts for other points earned.
Drexel Onsite Wellness Activities	Participate in onsite Drexel health and wellness activities.	various	150	N	Employees will be able to earn wellness points for completing/participating in onsite and virtual wellness activities hosted by Drexel. Points for these activities will be sent on a monthly basis to Health Advocate for any activities completed within the prior month. Please note that there will be a delay in these points being uploaded and paid out.
Biometric Screening (Onsite, Physician Form or Labcorp voucher)	Complete a biometric screening on site or via a Lab Voucher or Physician Form.	100	100	N	The onsite screening event will be held on February 27, 2018. Physician Forms and Lab Vouchers will be available on the member portal, and can be accessed any time as of 1/1/2018.
Preventive Care Exams	Complete up to two age appropriate preventive care exams.	50	100	N	Annual Physical, Well Woman Exam, Osteoporosis Screening, Breast Cancer Screening, Cervical Cancer Screening, Colon Cancer Screening, Skin Cancer Screening, Prostate Cancer Screening. Please note that the list of preventive care exams we are using for 2018 are slightly different than 2017. There will be a lookback period to 12/1/2017 for exams. These points are assigned automatically once Health Advocate receives claims data for those enrolled in a Drexel Medical plan. If you are part of the waiver program, you can complete the Non-Medical Enrolled Preventive Exam Form for credit.
Online Workshops	Complete workshops (nutrition, weight, fitness, stress, financial wellness, etc.)	25	50	N	There are several workshops to choose from, each takes 6 weeks to complete. One workshop can be completed at a time.
Don't Weight! Make a Change	12 week online weight loss program	50	50	N	One chapter will be available each week for completion. This is a separate program from the 6 week workshops.
Challenges	Complete requirements of a company organized challenge.	25	50	N	Drexel will run two company sponsored challenges throughout the program year. Employees can join the challenges directly from their member portal and To Do List.
Health Education Session	Complete 1 call with Wellness Coach	15	15	N	This can also count towards a full Coaching program if the employee continues to work with a Coach. The Health Education Session is geared towards discussing an employee's PHP or screening results, but can also be used for goal setting.
Complete a Wellness Coaching Program	Complete a personalized coaching program (6 sessions over at least 3 months).	100	100	N	Designed to take place over at least 3 months so the employee can set goals with their Coach, and then work towards meeting those goals.
Tobacco Free/Tobacco Cessation	Attest to being tobacco free via the online tobacco affidavit or participate in tobacco cessation program (online or telephonic).	50	50	N	Employees receive points after week 8 of the tobacco cessation program. Employees are not required to quit in order to receive points. The program can be completed online or over the phone with a Wellness Coach.
Various Health Trackers	Use the health trackers to keep tabs on activity, diet, sleep and more. <i>Connect your fitness device or app for easy tracking!</i>	1-10	40-50	N	Daily trackers are worth 1 point (sleep, steps, water, fruits & vegetables, fiber, sodium), weekly trackers are worth 5 points (time exercised, resistance training, resilience), and the monthly charity tracker is worth 10 points. Each tracker will have a cap of 50 points, charity will have a cap of 40 points. Specific health goals will need to be met for each tracker in order to earn points, please see the incentive guide for more details.
Total Points Needed			400		In order to receive the full incentive payout, Employees will need to earn a total of 400 points. Once the PHP is completed, additional payouts for other activities will be processed up to 400.