

Drexel University 2017 Wellness Incentive Points Possibilities

Activity Completion	Incentive	Points	Max	Required (Y/N)	Notes
Personal Health Profile (PHP)	Complete the online PHP in order to be eligible for the wellness incentive.	50	50	Y	Employees will need to complete this step before they will receive any monthly incentive payouts. This will take 15-20 minutes to complete through the portal.
Biometric Screening (Onsite, Physician Form or Labcorp voucher)	Complete a biometric screening in order to be eligible for the wellness incentive.	100	100	N	Onsite Screenings will be scheduled for January 25. Physician Forms and Lab Vouchers will be available on the member portal, and can be accessed any time as of 1/1/2017. Physician forms will have a lookback period to 12/1/2016 in order to allow employees to use a full year for physician visits.
Online Workshops	Complete workshops (nutrition, weight, fitness, stress, financial wellness, etc.).	50	100	N	There are 11 workshops to choose from, each takes 6 weeks to complete. One workshop can be completed at a time in order for the member to focus on the behavior changes associated with each workshop.
Challenges	Complete requirements of a company organized challenge.	50	100	N	Drexel will run two company sponsored challenges throughout the program year. The first program will launch in April. The second program will launch in June.
Health Education Session	Complete 1 call with Wellness Coach	25	25	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.
Log into the Wellness Portal	Receive points for registering for and logging in to the wellness portal.	25	25	N	To encourage employees to utilize the wellness program we will give them points once they register and login to the wellness portion of the HA portal for the first time.
Preventive Care Exam	Complete up to two age-appropriate preventive care exams.	50	100	N	Annual Physical/Well Woman Exam, Abdominal Aortic Aneurysm Screening, Bone Density Screening, Breast Cancer Screening, Cervical Cancer Screening, Colon Cancer Screening, Dermatology Visit, Prostate Cancer Screening, Shingles Vaccine. These points are assigned when HA receives the appropriate claims data on the monthly feed from the carrier.
Tobacco Free/Tobacco Cessation	Attest to being tobacco free via the online tobacco affidavit or participate in tobacco cessation (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.
Engage with an Advocate	Complete up to three calls with Health Advocate (outside of Wellness Coaching)	10	30	N	Promotes utilization of the Core Advocacy services along with the wellness.
Various Health Trackers	Use the health trackers to keep tabs on weight, activity, diet, sleep and more. <i>Device compatible.</i>	1-10	40-50	N	Daily trackers are worth 1 point, weekly trackers are worth 5 points, and the monthly charity tracker is worth 10 points. Each tracker will have a cap of 25 points, charity will have a cap of 20 points.
Total Points Needed			400		In order to receive the full incentive, members will need to earn a total of 400 points. Once the PHP is completed, the member can start to earn payouts each month for any points earned, up to 400.
Total Available Points (400 max)			730		