

Drexel University 2026 SPOUSE Wellness Incentive Activities

1/1/2026 - 11/30/2026

Activity	Steps to Earn Points	Points	Max Points	Required (Y/N)	*Start Date	*End Date
Personal Health Profile (PHP)	Complete the online PHP to be eligible for the wellness incentive.	50	50	Y	1/1/2026	11/30/2026
Activity	Steps to Earn Points	Points	Max Points	Required (Y/N)	*Start Date	*End Date
Health (Biometric) Screening	Complete a health (biometric) screening. Options include attending the Drexel onsite event, via Lab Voucher, or via Physician Form.	100	100	N	12/1/2025	11/30/2026
Preventive Care Exams	Complete up to four age-appropriate preventive care exams.	50	200	N	12/1/2025	11/30/2026
Dental Exams	Complete your semi-annual dental exams/cleanings. Self-report your exams and upload proof.	50	100	N	12/1/2025	11/30/2026
Flu Shot	Protect yourself and others by getting a flu shot through your doctor or pharmacy.	50	50	N	12/1/2025	11/30/2026
Personal Pathfinder	Take this quarterly assessment to help guide you to your well-being priorities.	15	30	N	1/1/2026	11/30/2026
Well-Being Workshops	Complete online, self-paced workshops on nutrition, fitness, stress, and more. <i>Workshops are 6 daily chapters.</i>	25	100	N	1/1/2026	11/30/2026
Personal Pathways	Complete online pathways to help build skills and learn new healthy habits. <i>Pathways are 4 weekly modules.</i>	50	150	N	1/1/2026	11/30/2026
Personal Challenges	Choose from a library of challenges you can run on your own.	25	100	N	1/1/2026	11/30/2026
3-Session Personal or Jumpstart Coaching Programs	Complete a personalized coaching program or one of the Jumpstart coaching programs targeted on key areas of health. <i>All programs consist of 3 sessions with a wellness coach.</i>	50	100	N	1/1/2026	11/30/2026
Health Education Session	Complete one call with a wellness coach.	15	15	N	1/1/2026	11/30/2026
Tobacco Free/Tobacco Cessation	Attest to being tobacco free via the online affidavit or complete tobacco cessation program.	50	50	N	1/1/2026	11/30/2026
Various Health Trackers	Use trackers to keep tabs on weight, activity, diet, sleep and more. <i>Device compatible to import steps.</i>	1-10	50 per	N	1/1/2026	11/30/2026
Health Advocate EAP and Digital Cognitive Behavioral Therapy (dCBT) Activities						
dCBT Flash Course	Improve your emotional fitness! The dCBT Flash Courses are short lessons that provide education and develop skills on a specific topic. <i>Each lesson takes about five minutes to complete.</i>	15	15	N	1/1/2026	11/30/2026
dCBT Learning Module	The modules guide you through steps to build skills to gain improved mental health using a variety of tools and can be done on their own or in combination with other therapies. <i>Each module is 5 weekly sessions.</i>	50	50	N	1/1/2026	11/30/2026
Webinars or Training Courses	Complete the webinars or skill builders available through the EAP services for your personal or professional development. <i>Select 'Certificate' for Webinars; Courses or Trainings automatically provide one upon completion.</i>	25	50	N	1/1/2026	11/30/2026