



Earn rewards for living life well

It's that time of year...

we're relaunching the Drexel University
Wellness Incentive Program!

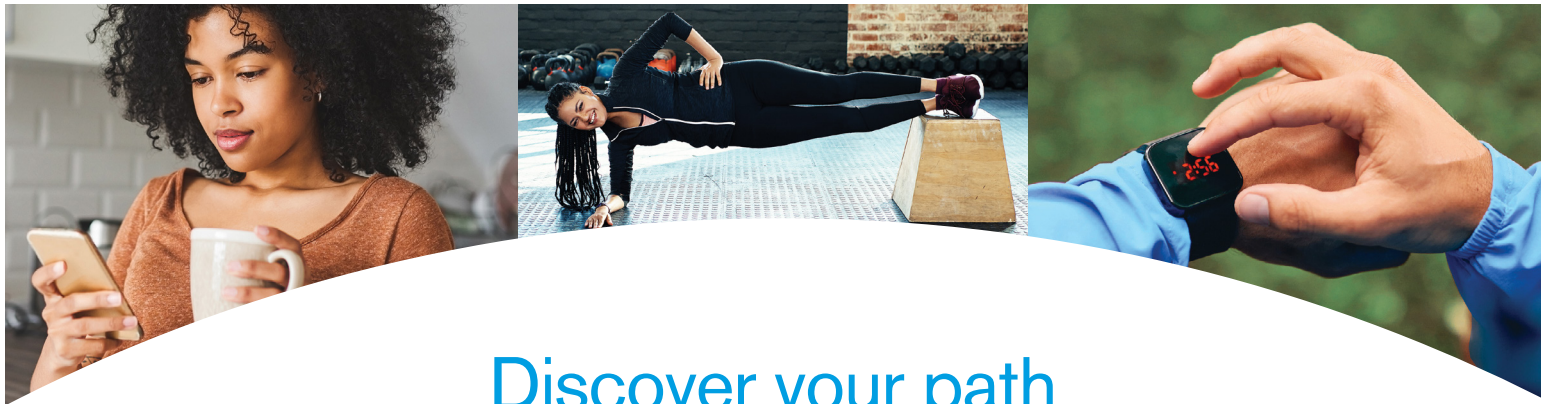
Discover your path to well-being by taking advantage of the activities and resources available through our partnership with Health Advocate.

Drexel University is committed to helping you achieve your best health—and self. We challenge you to make your well-being a priority.

Starting January 1, 2021, complete a selection of wellness activities to earn incentive points. All activities must be completed by November 30, 2021 in order to earn wellness credits. 1 wellness credit = \$1 in your paycheck.

Keep reading for all the details!





Discover your path to well-being

No matter what your health and wellness goals, Health Advocate can guide you!
The Drexel University Wellness Incentive Program features:



Personal Health Profile

Your current health, in real time



Wellness Coaching

One-on-one support to help you thrive



Recipes and Meal Plans

Nutritious and delicious recipes to fuel your goals



Personal Challenges

Jump-start healthy changes while having fun



Health Trackers

Monitor your progress and celebrate your achievements



Wellness Workshops and Programs

Increase your well-being knowledge on a variety of topics



Health Advocate Blog

Read articles to help you live well, find balance and more



Health Information Center

Access resources on a variety of health topics



Gym Discounts

Find deals at local fitness centers



Health Advice and Tips

View personalized health information and advice tailored to you



Feature in Focus: Live Chat

Instantly connect with a Wellness Coach through our website or mobile app. After logging in, select the chat bubble at the bottom of the screen to get started.



866.695.8622



Email: answers@HealthAdvocate.com
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HealthAdvocateSM



Healthier is better when we're in it together!

The Drexel University Wellness Incentive Program can help you take charge of your health and improve your well-being. Complete a selection of the activities from the charts on pages 4-6 based on your personal health goals to earn points. Once you've satisfied the requirements, you'll be eligible to earn wellness credits! Employees can earn up to \$400 in Drexel wellness credits. Eligible spouses/domestic partners can earn up to \$250 in credits, resulting in a maximum credit of \$650 for an eligible couple!



Start date:
January 1, 2021



Decide your path,
complete activities



Focus on your health,
feel awesome



Deadline:
November 30, 2021



Receive your
incentive reward!

Wellness Incentive and Program Eligibility

To start earning credits in your paycheck each month you will need to complete your Personal Health Profile. Once this required activity is complete, you can receive payouts for any points you earn each month. Incentive dollars earned by a partner reflect in the Drexel employee's paycheck.

Full-time and part-time benefits-eligible faculty and professional staff enrolled in a Drexel medical plan, or full-time employees who waive coverage are eligible to earn up to \$400.

Spouses and domestic partners who receive medical insurance through Drexel, or spouses and domestic partners of employees who waive medical coverage, are also invited to participate in the Wellness Incentive

Program. Eligible partners will be able to earn up to \$250, paid via the employee's paycheck. Eligible partners will need to be listed as dependents in the benefit enrollment system, even if they are not participating in any health benefits, in order to participate in the Wellness Incentive Program.

Drexel employees covered under a Drexel spouse's health insurance plan are considered "spouses" in this program and will be eligible for the \$250 spouse incentive, not the \$400 employee incentive. Drexel employees who are married to another Drexel employee must maintain separate health insurance plans provided by Drexel for both spouses to be eligible for the full \$400 employee wellness benefit.



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Small steps lead to big gains

Complete well-being activities to meet your personal health goals and earn points toward your incentive reward. **You've got this!**

Activities	Activity Details	Points/Max. Points								
The following activities are available to employees and spouses/domestic partners, unless noted otherwise.										
Personal Health Profile (PHP) Required	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 for individual coverage, or up to \$650 for employee and partner coverage.	50								
Health Screening	Take charge of your health by knowing your numbers! Complete your health screening. Drexel will communicate the date for the 2021 Onsite health screening event. 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. Exams between 12/1/2020 and 11/30/2021 are eligible for points.	100								
Flu Shot	Protect yourself and others by getting a flu shot through your doctor or pharmacy. Points will be automatically awarded approximately 3 months after completion if you are enrolled in the medical plan.	50								
Preventive Care Exams	<div><p>Stay on top of your health by completing preventive care exams. Visits occurring between 12/1/2020 and 11/30/2021 will qualify for points. Points are awarded automatically approximately 3 months after completion for those enrolled in the medical plan. Earn points for the exams below:</p><table><tr><td>Annual Physical Exam/Well Woman Exam</td><td>Osteoporosis Screening</td></tr><tr><td>Breast Cancer Screening</td><td>Prostate Cancer Screening</td></tr><tr><td>Cervical Cancer Screening</td><td>Skin Cancer Screening</td></tr><tr><td>Colon Cancer Screening</td><td>Vision Exam</td></tr></table></div> <p>* 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.</p>	Annual Physical Exam/Well Woman Exam	Osteoporosis Screening	Breast Cancer Screening	Prostate Cancer Screening	Cervical Cancer Screening	Skin Cancer Screening	Colon Cancer Screening	Vision Exam	50/100
Annual Physical Exam/Well Woman Exam	Osteoporosis Screening									
Breast Cancer Screening	Prostate Cancer Screening									
Cervical Cancer Screening	Skin Cancer Screening									
Colon Cancer Screening	Vision Exam									
Tobacco-Free	Certify that you are tobacco-free via the online tobacco affidavit or complete the 12-week Health Advocate Tobacco Cessation Program – online or with a Wellness Coach. Earn points by completing at least 8 weekly sessions.	50								



— Continued —



Activities	Activity Details	Points/Max. Points
Wellness Challenges	Have fun while getting healthy by participating in wellness challenges. In order to earn points, you must track your progress each week of the challenge. You can earn points for two types of challenges:	
	Drexel Challenges will be offered throughout the year to encourage healthy competition between you and your coworkers. Stay tuned for challenge dates and details!	25/50
	Personal Challenges are available to start on your own at any time. They are a great way to jump-start healthy changes. Participate on your own or invite your coworkers.	5/25
Wellness Coaching	When it comes to improving your well-being, you don't have to do it alone! A Wellness Coach can help you meet your health goals and thrive. Connect with a Wellness Coach via telephone, live chat, or secure web messaging. Coaching is unlimited.	
	Earn points for completing one Health Education Session . Complete one coaching session with a Wellness Coach to discuss your health screening results, PHP, and goals that you may have for your health.	15
	Complete a Full Coaching Program by participating in 6 sessions over 3 months.	100
Don't Weight, Make a Change Program	In this 12-week online program, learn tips, tricks and long-term strategies to help you not only lose weight, but also keep it off!	50
Wellness Workshops	Participate in online, self-paced workshops on a variety of wellness topics, such as nutrition, fitness, stress, resilience, financial wellness, and more! You must complete all chapters to earn points. Workshops take 6 weeks to complete, and you may have one in progress at a time.	25/50
Ten at 10 Program	Drexel's Ten at 10 program encourages you to participate in 10 minutes of healthy activity Monday through Friday. This program is available to Drexel faculty and professional staff. To earn points for the activities you complete, click on Ten at 10 from your Health Advocate To Do List. Earn 1 point/\$1 for each day you track your activity, up to a max of 50 points/\$50. Visit the Ten at 10 website for a listing of eligible daily activities and additional information: https://drexel.edu/hr/benefits/a-healthier-u/ten-at-10/ Please note that incentive points for Ten at 10 participation are only available to those enrolled as an employee on a Drexel medical plan.	1/50
Drexel On-Site & Virtual Wellness Activities	Earn points for participating in on-site and virtual activities through Drexel. Please note that spouses/domestic partners (who are not also Drexel employees) are not eligible to participate in these onsite Drexel activities. 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 2021 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.	Variable/200



Track healthy behaviors for even more points

Use the Health Advocate online trackers listed below and meet the recommended goals to earn points. **A maximum of 50 points for each tracker can be earned. A maximum of 40 points can be earned for the charity tracker.**

Health Tracker	Recommended Goal	Points
 Fiber	Improve your digestion by consuming 25 grams or more daily	1
 Fruits and Vegetables	Boost your nutrition by eating 5 or more servings daily	1
 Sleep	Function your best by sleeping 7 to 9 hours each night	1
 Sodium	Strive for healthy blood pressure by reducing your intake to 1,500mg or fewer daily	1
 Steps	Stay on your feet by taking 10,000 or more steps daily	1
 Water	Stay hydrated by drinking 64 ounces of water daily	1
 Resilience	Handle stress better by performing at least one resilience activity on 5 separate days weekly	5
 Resistance Training	Increase your strength by performing 2 or more days weekly	5
 Time Exercised	Get fit by exercising for at least 150 minutes weekly	5
 Charity Work	Give back by completing 2 or more hours of charity work monthly	10

There are many other trackers available on the website for your use that are not eligible for points.



Feature in Focus: Sync your fitness device, wellness app or Apple Health

Easily get points for health trackers by syncing your device or app. From the "I would like to..." menu, select "Sync My Fitness Device." Select your device or app and follow the steps. You will only see Apple Health as an option when logged on through the Health Advocate app on compatible iOS devices.



Frequently Asked Questions

Q: How do I register for the Health Advocate website?

A: Follow these simple steps to register:

1. Visit HealthAdvocate.com/Drexel
2. Register for the website by clicking on "Register Now"
3. Enter the required information, confirm your registration, then log in

Q: What if I am unable to fulfill a requirement of the incentive program?

A: We are committed to helping you achieve your best health. If you think you might be unable to meet a certain standard for points under this program, you may be able to earn the same points by a different means. Please contact Health Advocate for more information.

Q: What are some common wellness goals Health Advocate supports?

A: We can help you reach goals in areas such as weight loss, fitness, nutrition, tobacco cessation, mindfulness, stress management, prevention and management of chronic disease, and so much more!

Q: Can my spouse use my wellness program log in to participate in activities and earn points?

A: No. Employees and partners will each have their own separate secure login for the wellness portal.

Q: Will my information and interaction with Health Advocate remain private?

A: Your medical and personal information is kept strictly confidential. Our staff carefully follows protocols and complies with all government privacy standards.

Q: What other issues is Health Advocate able to assist me and my family with?

A: Health Advocate can help you and your family:

- Get answers to your insurance and claims questions and resolve billing issues
- Understand how your benefits work and clarify copays and deductibles
- Find the right in-network doctors, make appointments and transfer medical records
- Make informed decisions about medical conditions and diagnoses
- Find and explore the latest treatment options, arrange second opinions
- Coordinate services related to all aspects of your care

Q: When is Health Advocate available?

A: We're available 24/7 through our website or mobile app. Normal business hours are Monday - Friday, from 8 AM to 10 PM, ET. Wellness Coaching is available weekdays from 8 AM to 9 PM, ET. Staff is available for assistance after hours and on weekends.



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