



Drexel University

2022 Wellness Program Guide



Drexel University is committed to helping you achieve your best health and best self. This year, we challenge you to make self-care and your well-being a priority. Complete a selection of the activities from the charts on pages 2-4 based on your personal health goals. As a reward for completing healthy activities, you have an opportunity to earn wellness credits!



Start date:
January 1, 2022



Complete activities that will help you thrive



Deadline to earn points:
November 30, 2022



Feel good knowing you've earned a reward

Wellness Incentive Details and Eligibility

To start earning credits in your paycheck each month, you need complete your Personal Health Profile. Once this required activity is complete, you'll receive payouts for 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 eligible to earn \$250, paid via the employee's paycheck. Spouse/partners need to be listed as dependents in the benefit enrollment system, even if they are not participating in benefits, in order 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.

Activities	Action(s) to Earn Points	Points/Max. Points	✓
Healthy Actions			
Spouses and domestic partners who receive medical insurance through Drexel, or spouses and domestic partners of employees who waive medical coverage, are eligible to participate in all of the following activities, except for the Drexel On-Site Wellness Activities and Ten at 10 Program.			
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.	50/50	
Your Tobacco Status			
Tobacco Status	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 participating in at least 8 weekly sessions.	50/50	
Know Your Numbers			
Health Screening	Take charge of your health by knowing your numbers! Complete a health screening via a Physician Form or a Labcorp Lab Voucher, which can be located on your member portal. Exams between 12/1/2021 and 11/30/2022 are eligible for points. Drexel will send out a notification if there will be an onsite health screening event in 2022.	100/100	
Keeping Track of Your Health			
Flu Shot	Protect yourself and others by getting a flu shot through your doctor or pharmacy. If you are enrolled in a Drexel medical plan, points are awarded automatically approximately 3 months after completion. Or, you can speed up the process by self-reporting your flu shot. To ensure that your credit is captured before the deadline, log on and find your To Do list on the Health Advocate website to enter the date of service and upload proof of your vaccine, such as an appointment confirmation, explanation of benefits, or a receipt.	50/50	
Dental Exams New for 2022!	Earn points for your two recommended dental exams (teeth cleanings) per year! After you have completed your cleaning, enter the date of service and upload proof of your visit, such as an explanation of benefits (EOB) from your Health Advocate To Do List. Visits occurring between 12/1/2021 and 11/30/2022 will qualify for points in the 2022 program. Please note that Cigna will not automatically send verification of your dental visits to Health Advocate. You must self-report dental visits to earn points for these exams.	50/100	
Preventive Care Exams	Stay on top of your health by completing preventive care exams. Visits occurring between December 1, 2021 and November 30, 2022 will qualify for points in the 2022 program. If you are enrolled in a Drexel medical plan, points are awarded automatically approximately 3 months after completion when IBC sends verification of your visit to Health Advocate. To ensure that your credit is captured before the deadline, or if you would like to speed up the process of receiving your points for these visits, you have the option to self-report these visits. Please log on and find your To Do list on the Health Advocate website to enter the date of service and upload proof of your vaccine, such as an appointment confirmation, explanation of benefits, or a receipt. You may earn points for the following exams:		
	<ul style="list-style-type: none"> • Annual Physical Exam/Well Woman Exam • Breast Cancer Screening • Cervical Cancer Screening • Colon Cancer Screening • Osteoporosis Screening • Prostate Cancer Screening • Skin Cancer Screening • Vision Exam 	50/200	
	* 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.		



Be the healthiest you






Complete well-being activities to meet your personal health goals and earn points towards your incentive.

Activities	Action(s) to Earn Points	Points/Max. ✓
Health & Well-Being Coaching		
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.	15/15
	Complete a Full Coaching Program by participating in 6 sessions over 3 months.	100/100
Take Action for Better Health		
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!	50/50
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, and one chapter can be completed per day.	25/50
Ten at 10 Program	Drexel's Ten at 10 program encourages you to participate a healthy activity for 10 minutes 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/	1/50
Drexel On-Site & Virtual Wellness Activities	Earn points for participating in onsite and virtual activities through Drexel. 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 complete your 2022 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
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	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	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



Track healthy behaviors for even more points

Track healthy habits and meet the recommend goals to earn points. **A maximum of 50 points for most trackers 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 1,500 mg or less 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 this activity 2 or more days weekly	5
 Time Exercised	Get fit by exercising for at least 120 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.



866.695.8622

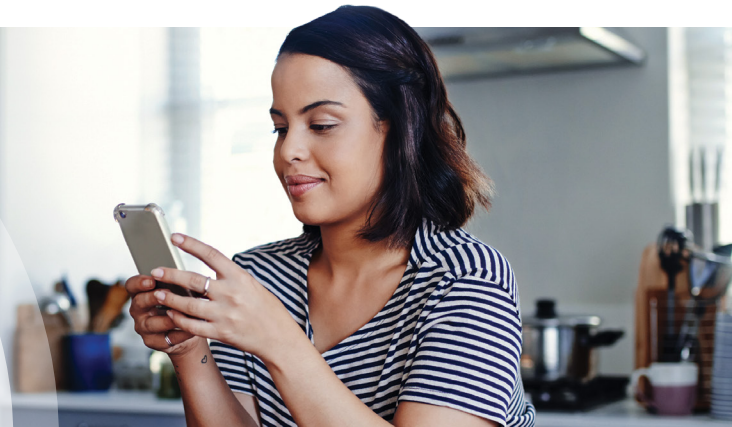
Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/Drexel

HealthAdvocateSM

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: 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: Are my rewards taxable?

A: Due to IRS rules, incentives are considered taxable income and will be included on your W-2 and are subject to applicable payroll taxes such as federal, state, Social Security and Medicare taxes.

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: 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.



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



Web: HealthAdvocate.com/Drexel

HealthAdvocateSM



You have one life
to live—let's make it
a healthy one!

No matter your health and wellness goals, Health Advocate can help guide you toward your best health!

The Wellness Program features:



Personal Health Profile

Your current health, in real time



Wellness Coaching

One-on-one support to help you thrive



Jump-Start Coaching Programs

Work with a Coach on specific goals such as reducing blood pressure, weight loss and more



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



Well-Being Resources

View curated information on topics such as mindfulness, fitness, nutrition and more



Wellness Workshops & Programs

Get actionable health tips and learn about well-being topics



Health Advocate Blog

Timely tips to help you live well, find balance and more



Health Information Center

Access resources on virtually any health topic



Fitness Discounts

Find deals for online classes, memberships, nutrition resources and more through GlobalFit



Seasonal Campaigns

Receive weekly emails during our Spring Into Summer, Commit to Quit and Maintain, Don't Gain campaigns



It all begins with you!

Quickly reach us any way you like — by phone, email, online or our mobile app.



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