



Drexel University

Well-Being Rewards Guide 2025

Drexel University has partnered with Health Advocate to help you improve your well-being—plus, you can earn a reward for your hard work!



Start date:
January 1, 2025



Deadline to earn points:
November 30, 2025



Feel good knowing
you've earned a reward

Well-Being Reward Details and Eligibility

To start earning your monthly paycheck credits, complete your Personal Health Profile. Once this required activity is complete, you'll receive payouts for points you earn each month.

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/partners* of employees who waive medical coverage, are eligible to earn \$250, paid via the employee's paycheck.

Drexel employees covered under a Drexel spouse's health insurance plan are considered "spouses" in this program and are 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.

**Spouses/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.*



Well-Being Your Way

Be Well | Be Balanced | Be Connected | Be Successful

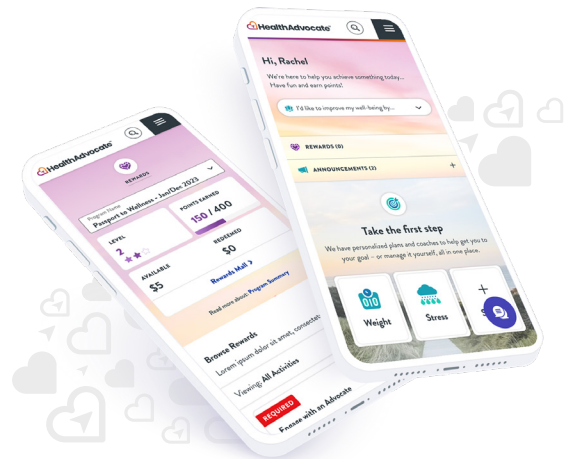
Spouses and domestic partners who receive medical insurance through Drexel, or spouses and domestic partners of employees who waive medical coverage, are eligible to participate in all of the following activities, except for the Drexel On-Site Wellness Activities and Ten at 10 Program.



Activity

Points/Max.

Personal Health Profile (PHP)*	50/50
Personal Pathfinder	15/30
Preventive Care Exams	50/200
<i>Annual Physical Exam</i>	
<i>Breast Cancer Screening</i>	
<i>Cervical Cancer Screening</i>	
<i>Colon Cancer Screening</i>	
<i>Osteoporosis Screening</i>	
<i>Prostate Cancer Screening</i>	
<i>Skin Cancer Screening</i>	
<i>Vision Exam</i>	
<i>Dental Exams</i>	
Flu Shot	50/50
Dental Exams	50/100
Health Screening	100/100
Tobacco Status	50/50
Health Education Session	15/15
Wellness Coaching (6 sessions)	100/100
Well-Being Workshops	25/100
Personal Pathways	50/150
Personal Challenges	25/100
Ten at 10 Program	1/50
Drexel Onsite & Virtual Wellness Activities	Max of 200
Track Healthy Behaviors	Max of 600



Well-Being Your Way

Get the full program details, plus access activities, track your points and progress, view curated health information and more through Health Advocate's member platform.

HealthAdvocate.com/drexel














* Required Activity



Building better habits helps you make meaningful healthy changes

Track healthy habits and meet the recommended goals to earn points.

Earn a maximum total of 600 points across all trackers.

Be Well Trackers	Recommended Goal	Points
 Fruits and Vegetables	Boost your nutrition by eating 5 or more servings daily	1/50
 Whole Grains	Eat 3 or more servings of whole grains daily	1/50
 Sodium	Strive for healthy blood pressure by reducing your intake to 2,500 mg or less daily	1/50
 Water	Stay hydrated by drinking 8 glasses (64 ounces) of water daily	1/50
 Physical Activity <i>Combined tracker</i>	Stay on your feet by taking 10,000 or more steps daily Get fit by exercising for at least 150 minutes weekly	1/50 5/50
 Strength Training	Increase your strength by performing this activity 2 or more days weekly	5/50
Be Balanced Trackers	Recommended Goal	Points
 Sleep	Function your best by sleeping at least 7 hours each night	1/50
 Manage Stress	Perform one or more activities to relieve stress daily	1/50
 Meditation / Resilience	Perform one or more meditation or resilience activities daily	1/50
Be Connected Trackers	Recommended Goal	Points
 Reduce Social Media	Track your digital detox as you spend less time on social media daily	1/50
 Charity Work	Give back by volunteering your time at least once a month	10/50

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

Use trackers that help you with your personal goals.



866.695.8622

answers@HealthAdvocate.com

HealthAdvocate.com/drexel

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 **HealthAdvocate**SM

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Frequently Asked Questions

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

A: Follow these simple steps to register:

1. Visit HealthAdvocate.com/drexel or download the mobile app
2. Click on “Register Now”
3. Enter the required information, confirm your registration, then log in

Q: What can I do on the Health Advocate app?

A: The Health Advocate app has all of the same tools and resources available on the website in a mobile-friendly version. It makes it easier to get healthy on the go and interact with Health Advocate wherever you are and whenever you want!

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

A: We are committed to helping you find your path to well-being and thrive. 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 well-being goals Health Advocate supports?

A: We can help you with a wide range of goals that fall under the four learning pillars of Be Connected, Be Balanced, Be Well, and Be Successful. We'll also help you find your personal path to well-being, discover your what is important to you, and support you every step of the way throughout your wellness journey.

Q: If I went to my doctor earlier in the year, can I earn points for my exam?

A: Yes! Visits occurring between December 1, 2024 and November 30, 2025 will qualify for points.

Q: Are my rewards taxable?

A: Due to IRS rules, rewards are considered taxable income. They 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
- Find and explore the latest treatment options and arrange second opinions

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.

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

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



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