

SPOUSE POINTS

Drexel University 2020 Wellness Incentive Points Program Possibilities

1/1/2020 - 11/30/2020

Activity Completion	Incentive	Points	Max	Required (Y/N)	*Start Date	*End Date	
Personal Health Profile (PHP)	Complete the online PHP in order to be eligible for the wellness incentive.	50	50	Y	1/1/2020	11/30/2020	The PHP will be required again for the 2020 program. And Spouses will need to complete the PHP in order to start receiving their monthly incentive payouts for other points earned. This will take 5-10 minutes to complete through the HA portal.
Biometric Screening (Onsite, Physician Form or Labcorp voucher)	Complete a biometric screening during the Drexel onsite event or via a Physician Form or Lab Voucher.	100	100	N	1/1/2020	11/30/2020	The 2020 onsite screening event date will be announced by Drexel. Physician Forms and Lab Vouchers will be available on the member portal, and can be accessed any time as of 1/1/2020. Physician forms will have a lookback period to 12/1/2019 in order to allow members to use a full year for physician visits.
Preventive Care Exams	Complete up to two age appropriate preventive care exams	50	100	N	12/1/2019	11/30/2020	Annual Physical, Well Woman Exam, Osteoporosis Screening, Breast Cancer Screening, Cervical Cancer Screening, Colon Cancer Screening, Skin Cancer Screening, Prostate Cancer Screening.
Online Workshops	Complete up to 2 workshops for credit (nutrition, weight, fitness, stress, financial wellness, etc.).	25	50	N	1/1/2020	11/30/2020	There are 15 workshops to choose from, each takes 6 weeks to complete. One workshop can be completed at a time.
Don't Weight! Make a Change	12 week online weight loss program	50	50	N	1/1/2020	11/30/2020	Members can securely complete this 12 week online weight loss program. One chapter will be available each week for completion. This is a separate program from the 6 week workshops.
Company Challenges	Complete requirements of a company organized challenge.	25	50	N	1/1/2020	11/30/2020	Drexel will run two company sponsored challenges throughout the program year.
Personal Challenges	Choose from a library of challenges you can run on your own, or invite other members to participate with you.	5	25	N	1/1/2020	11/30/2020	Earn points for up to 5 personal challenges.
Health Education Session	Complete 1 call with Wellness Coach	15	15	N	1/1/2020	11/30/2020	The Health Education Session is geared towards discussing a member'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	1/1/2020	11/30/2020	Designed to take place over at least 3 months so the member can set goals with their Coach, and then work towards meeting those goals.
Tobacco Free/Tobacco Cessation	Attest to being tobacco free via the online tobacco affidavit or participate in a Health Advocate tobacco cessation program (online or telephonic).	50	50	N	1/1/2020	11/30/2020	Members receive points after week 8 of the tobacco cessation program. Members are not required to quit in order to receive points.
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	1/1/2020	11/30/2020	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 50 points, charity will have a cap of 40 points.
Drexel Onsite Wellness Activities	Participate in onsite Drexel health and wellness activities.	0	0	N	12/1/2019	11/30/2020	Spouses will NOT be eligible to complete onsite events.