Welcome
Drexel University
Health Advocate Overview
Who are our Personal Health Advocates?

Registered Nurses with experience in clinical care, case management, nursing education, supervision and administration

Benefits experts with experience in claims management and provider group administration

Trained clinical professionals including social workers, behavior change counselors, nutritionists, dietitians, dental care and pharmacy

Full-time medical directors
Important Notes About Our Service

Health Advocate does not replace health insurance

Health Advocate does not provide medical care or recommended treatment

Private and Confidential

We protect your privacy

All health information is kept strictly confidential

We fully comply with the federal Health Insurance Portability and Accountability Act (HIPAA)
Your Personal Health Advocate can help in the following ways

- Coordinate care with your providers
- Provide support for medical conditions
- Help you find the right doctors and services
- Research and arrange second opinions
- Help with paperwork issues like billing, claims and more
- Provide special help for parents and parents-in-law
Wellness Program

Personalized coaching and online resources to help you get, and stay, healthy!
No matter what your health goals, we can help

- Improve your nutrition
- Lose or better manage your weight
- Quit tobacco
- Start an exercise program
- Manage stress
- Practice mindfulness
- Become more resilient
- Prevent chronic health issues
- And much more!
Wellness Coaching

Our team of wellness experts provide motivation, guidance and support to help you meet your health goals

- Confidential, one-on-one support by phone or chat, online or through the app
- Work with the same Coach throughout the program

Your Coach will help you:

- Identify health goals
- Develop an action plan
- Make easy small changes that lead to big successes
- Support you through stumbles
- Celebrate your accomplishments
- Reinforce your achievements
Expert well-being resources at your fingertips

Access all your health and wellness tools online and through our app

- Chat with a Wellness Coach
- Personal Health Profile
- Wellness Workshop and Programs
- Personal Challenges
- Health Trackers
- Recipes and Meal Plans
- And more!
Personal Health Profile

Your current health status, in real time. This confidential questionnaire provides:

- A personal wellness score and health report
- Insight into potential health risks
- Personalized tips to help you manage and improve your health
- Easily print a summary to share with your doctor
- **Must be completed to earn any incentives**
Wellness Workshops and Programs

Increase your well-being knowledge on a variety of topics through our self-guided workshops and programs.

• Starting in 2021 workshops can be completed in 6 days instead of 6 weeks
• Throughout 2021 the content of all workshops will be updated

• Don’t Weight: Make a Change! – 12 Weeks
• Getting Started with Weight Loss
• Strengthening Your Resilience
• Becoming More Mindful
• Walking for Fitness
• Sleep Well, Live Well
• Healthy Pregnancy, Healthy Baby

• Tobacco Cessation – 12 Weeks
• Preventing Heart Disease
• Achieving Financial Wellness
• Nutrition
• Planning for the Future: Advanced Directives
• **NEW**: Maintaining Your Health During COVID-19
Personal Challenges

Jump-start healthy changes while having fun!

Challenge yourself and your coworkers. Choose from challenges such as:

- **NEW:** Be Heart Smart
- Colorful Plate
- Crunch Time
- Let’s Get Steppin’
- Meditation
- Month of Marvelous
- Tapering Tobacco Use
- And more!
Health Trackers

Monitor your progress and celebrate your achievements with goal-oriented trackers.

- Choose from our extensive library of trackers or create your own!
- Sync your favorite fitness device or app for easy tracking
- Trackers listed as “Earn Points” are incentive eligible
- Sync compatible fitness devices and apps
- Apple Health is compatible but needs to be synced through the Health Advocate app
Recipes and Meal Plans

Fuel your goals with delicious and nutritious recipes and meal plans. Find recipes for every meal!

- Improve your nutrition skills based on your personal health goals:
  - Eating for a healthy heart
  - Preventing or managing diabetes
  - Eating more vegetables
  - Weight loss
  - And more!
Additional features

Access trusted resources and timely tips to improve and manage your well-being!

**Mindfulness & Stress Reduction**
Resources including quizzes, programs, videos, articles, and information aimed at helping you practice mindfulness and improve your stress management skills

**Health Advocate Blog**
Read articles to help you live well, find balance and more

**Health Advice and Tips**
View personalized health advice and tips tailored to you!

**Gym Discounts**
Find deals at local fitness centers and for virtual options
2021 Wellness Incentive Details
Incentive Details and Eligibility

- Full-time and part-time faculty and professional staff enrolled in a Drexel medical plan or full-time employees in the medical opt-out waiver program are eligible for up to $400.

- Spouses and partners who fall under the above credentials are eligible to earn up to $250. This results in up to $650 employees can earn within a program year.
  - Employees covered as a spouse under another employee’s Drexel medical benefits is considered a spouse, and will be eligible for the $250 spouse incentive.

- Incentives points earned each month will be paid out in the employee’s check at the end of the following month.

- To start receiving incentive payouts, the online Personal Health Profile (PHP) must first be completed.

- The program runs from January 1, 2021 through November 30, 2021. All activities need to be completed by November 30 in order to receive credit.
<table>
<thead>
<tr>
<th>Activity Completion</th>
<th>Incentive</th>
<th>Points</th>
<th>Max</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Health Profile (PHP) Required for incentive payouts</td>
<td>Complete the online PHP in order to be eligible for the wellness incentive.</td>
<td>50</td>
<td>50</td>
<td>1/1/2021</td>
<td>11/30/2021</td>
</tr>
<tr>
<td>Health Screening (Physician Form or Labcorp voucher)</td>
<td>Complete a health screening using a Physician Form or Lab Voucher. A Drexel onsite screening date is pending this year.</td>
<td>100</td>
<td>100</td>
<td>12/1/2020</td>
<td>11/30/2021</td>
</tr>
<tr>
<td>Preventive Care Exams</td>
<td>Complete up to 2 age appropriate preventive care exams.</td>
<td>50</td>
<td>100</td>
<td>12/1/2020</td>
<td>11/30/2021</td>
</tr>
<tr>
<td>Flu Shot</td>
<td>Protect yourself and others by getting a flu shot through your doctor or pharmacy.</td>
<td>50</td>
<td>50</td>
<td>12/1/2020</td>
<td>11/30/2021</td>
</tr>
<tr>
<td>Online Workshops</td>
<td>Complete up to 2 workshops for credit (nutrition, weight, fitness, stress, financial wellness, etc.).</td>
<td>25</td>
<td>50</td>
<td>1/1/2021</td>
<td>11/30/2021</td>
</tr>
<tr>
<td>Don’t Weight! Make a Change</td>
<td>12 week online weight loss program</td>
<td>50</td>
<td>50</td>
<td>1/1/2021</td>
<td>11/30/2021</td>
</tr>
<tr>
<td>Company Challenges</td>
<td>Complete requirements of a Drexel organized challenge.</td>
<td>25</td>
<td>50</td>
<td>1/1/2021</td>
<td>11/30/2021</td>
</tr>
<tr>
<td>Personal Challenges</td>
<td>Choose from a library of challenges you can run on your own, or invite other members to participate with you.</td>
<td>5</td>
<td>25</td>
<td>1/1/2021</td>
<td>11/30/2021</td>
</tr>
<tr>
<td>Health Education Session</td>
<td>Complete 1 coaching session</td>
<td>15</td>
<td>15</td>
<td>1/1/2021</td>
<td>11/30/2021</td>
</tr>
<tr>
<td>Complete a Wellness Coaching Program</td>
<td>Complete a personalized coaching program (6 sessions over at least 3 months).</td>
<td>100</td>
<td>100</td>
<td>1/1/2021</td>
<td>11/30/2021</td>
</tr>
<tr>
<td>Tobacco Free/Tobacco Cessation</td>
<td>Attest to being tobacco free via the online tobacco affidavit or participate in a Health Advocate 12 week tobacco cessation program (online or telephonic).</td>
<td>50</td>
<td>50</td>
<td>1/1/2021</td>
<td>11/30/2021</td>
</tr>
<tr>
<td>Various Health Trackers</td>
<td>Use the health trackers to keep tabs on weight, activity, diet, sleep and more.</td>
<td>1-10</td>
<td>40-50</td>
<td>1/1/2021</td>
<td>11/30/2021</td>
</tr>
<tr>
<td>Ten at 10</td>
<td>Participate in 10 minutes of healthy activity Monday through Friday to earn points. Available only to employees.</td>
<td>1</td>
<td>50</td>
<td>1/1/2021</td>
<td>11/30/2021</td>
</tr>
<tr>
<td>Drexel Onsite Wellness Activities</td>
<td>Participate in onsite Drexel health and wellness activities. Available only to employees.</td>
<td>various</td>
<td>200</td>
<td>12/1/2020</td>
<td>11/30/2021</td>
</tr>
</tbody>
</table>
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 sell. 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!

<table>
<thead>
<tr>
<th>Activities</th>
<th>Activity Details</th>
<th>Points/Max. Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellness Challenges</td>
<td>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:</td>
<td>25/50</td>
</tr>
<tr>
<td></td>
<td>Drexel Challenges will be offered throughout the year to encourage healthy competition between you and your coworkers. Stay tuned for challenge dates and details!</td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td>5/25</td>
</tr>
<tr>
<td>Wellness Coaching</td>
<td>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.</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Complete a Full Coaching Program by participating in 6 sessions over 3 months.</td>
<td>100</td>
</tr>
<tr>
<td>Don't Weight, Make a Change Program</td>
<td>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!</td>
<td>50</td>
</tr>
<tr>
<td>Wellness Workshops</td>
<td>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.</td>
<td>25/50</td>
</tr>
<tr>
<td>Ten at 10 Program</td>
<td>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: <a href="https://drexel.edu/hr/benefits/a-healthier-u-ten-at-10/">https://drexel.edu/hr/benefits/a-healthier-u-ten-at-10/</a></td>
<td>1/50</td>
</tr>
<tr>
<td>Drexel On-Site &amp; Virtual Wellness Activities</td>
<td>Earn points for participating in on-site and virtual activities through Drexel. Please note that spouses/domestic partners are not eligible to participate in these on-site 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: <a href="http://drexel.edu/hr/about/calendar-events/">http://drexel.edu/hr/about/calendar-events/</a> 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.</td>
<td>Variable/200</td>
</tr>
</tbody>
</table>
How to Reach Health Advocate

Telephone: 866-695-8622

Email: answers@HealthAdvocate.com

Website: HealthAdvocate.com/drexel

Hours of Operation

Normal business hours are Monday - Friday from 8 am to 10 pm, Eastern Time. Wellness Coaching is available from 8 am to 9 pm. Health Advocate can be accessed 24/7. Staff is available for assistance after hours and on weekends.