

## Drexel University 2022 SPOUSE Wellness Incentive Activities

**1/1/2022 - 11/30/2022**

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	1/1/2022	11/30/2022
Activity Completion	Incentive	Points	Max	Required (Y/N)	*Start Date	*End Date
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	12/1/2021	11/30/2022
<b>NEW!</b> Dental Exams - Self-report from your Health Advocate To Do List	Earn points for your two dental preventive cleanings per year!	50	100	N	12/1/2021	11/30/2022
Preventive Care Exams	Complete up to two age appropriate preventive care exams	50	<b>200</b>	N	12/1/2021	11/30/2022
Flu Shot	Protect yourself and others by getting a flu shot through your doctor or pharmacy.	50	50	N	12/1/2021	11/30/2022
Online Workshops	Complete up to 2 workshops for credit (nutrition, weight, fitness, stress, financial wellness, etc.).	25	50	N	1/1/2022	11/30/2022
Don't Weight! Make a Change	12 week online weight loss program	50	50	N	1/1/2022	11/30/2022
Company Challenges	Complete requirements of a company organized challenge.	25	50	N	1/1/2022	11/30/2022
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	1/1/2022	11/30/2022
Health Education Session	Complete 1 call with Wellness Coach	15	15	N	1/1/2022	11/30/2022
Complete a Wellness Coaching Program	Complete a personalized coaching program (6 sessions over at least 3 months).	100	100	N	1/1/2022	11/30/2022
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	1/1/2022	11/30/2022
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	1/1/2022	11/30/2022