Welcome to the Drexel Well-Being Program Webinar

We will begin momentarily

If you cannot connect to computer audio, please dial into the call using the conference call number provided in the invitation.

Please place your phone on mute and step away from the webinar if needed to avoid creating distractions.
Personalized
Well-Being
Drexel University
Well-Being Program
INSPIRE

Personalized Well-Being

- Support from a Wellness Coach by phone, email, message or chat
- Comprehensive tools and resources available online and through the app
- Stay motivated to meet and keep your well-being goals

No matter what your health goals are, we can help!

- 24/7 Support
- 250+ Languages
- HIPAA-Compliant
Wellness Coaching
Our Wellness Coaches

- In-house Health Advocate employees
- Minimum of a Bachelor’s degree in a health-related field (over half hold Master’s degrees)
- Minimum of one additional national certification
- Certified in tobacco cessation counseling
- 4-month training period with a senior coach
- Ongoing training and education
- Bilingual coaches are available for Spanish speakers
How Coaching Works

Connect with a Coach

Call:
866.695.8622

Email:
answers@HealthAdvocate.com

Request a Coach online:
HealthAdvocate.com/drexel

Your First Engagement

Brief intake to:
• Learn more about you and your goals
• Start the foundation of your wellness plan
• Decide how you want to connect and how often

Moving Forward

Each time you and your Coach connect, you’ll:
• Discuss your progress
• Problem solve through challenges
• Reassess your goals for continued success

Confidential support and guidance from a Wellness Coach is available weekdays from 8 AM to 9 PM, ET.
Coaching Programs

**Health Education Session**
1 engagement with a Wellness Coach to discuss health screening results, PHP, and/or health goals

**3-Session Program**
3 engagements with a Wellness Coach to discuss health screening results, PHP, and/or health goals

**Jump-Start Coaching Programs**
- Scale Down
- On the Move
- Make Control Your Goal
- Stress Less

**Full Coaching Program**
6 engagements over 3 or more months with a Wellness Coach to help you meet your personal goals

Earn 15 points
Earn 100 points
Well-Being Platform
Member website & mobile app

Immersive well-being experience

- Guided behavior-change pathways
- Create and track personal goals
- Challenges & workshops
- Curated, personalized content

24/7 Support • HIPAA-Compliant
Digital resources that inspire and motivate

<table>
<thead>
<tr>
<th>Recipes and Meal Plans</th>
<th>Personal Pathfinder</th>
<th>Challenges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Center</td>
<td>Guided pathways</td>
<td>Personal Health Profile</td>
</tr>
<tr>
<td>Articles &amp; videos</td>
<td>Workshops</td>
<td>Health trackers</td>
</tr>
</tbody>
</table>

©2024 Health Advocate
Your go-to resource for all of your health and well-being needs

Register today!

1. Visit HealthAdvocate.com/drexel or download the mobile app by scanning the QR code

2. Click “Register Now”

3. Enter the required information, confirm your registration, and then log in
2024 Wellness Incentive Details
2024 Incentive Program

Complete activities to thrive and earn monthly paycheck credits!

Start date: January 1, 2024
Deadline to earn points: November 30, 2024

Earn up to $400
Full-time and part-time faculty and professional staff enrolled in a Drexel medical plan, or full-time employees who waive coverage are eligible

Earn $250
Spouses and domestic partners who receive medical insurance through Drexel, or spouses/partners of employees who waive medical coverage are eligible

You must complete your 2024 PHP before you will be eligible to receive any payouts. Incentive points earned will be paid out in the employee’s check at the end of the following month.
Personal Health Profile

• Required activity to receive monthly paycheck credits

• Learn how you can take action to optimize your well-being, gain insight into your lifestyle and understand potential health risks

• Earn 50 points for completing
Questions?
How to reach Health Advocate

Telephone: 866.695.8622

Email: answers@HealthAdvocate.com

Website: HealthAdvocate.com/drexel
Drexel Well-Being Website

Drexel 2024 Well-Being Rewards Guide