Explore your path to well-being

BE WELL | BE BALANCED | BE CONNECTED | BE SUCCESSFUL
SPECIAL WEBINAR

Navigating the Wellness Incentive Program

Agenda

January 24, 2022

- Welcome!
- Well-Being Program Overview
- Incentive Overview
- *New* Well-Being Website
- Wellness Coaching
- Q&A

Presenter

Kristin Fogel
Manager, Wellness Program Consulting
Well-Being Program Overview
Reimagined and Transformed
Well-Being Experience

Personal pathways ● Create and track personal goals
New challenges & workshops ● Wellness Coaching ● Curated content
We can help you thrive!

Be Well | Be Balanced | Be Connected | Be Successful

Wellness Coaching
- Trained experts in behavior change
- Set goals to improve your well-being
- Work toward a healthier lifestyle
- Find strategies that work for you and problem-solve through obstacles

Well-Being Website
- Explore guided pathways
- Get recipes and meal plans
- Participate in workshops
- Gain insight into all aspects of well-being

Confidential support and guidance | Earn incentive points by participating!
Wellness Incentive Overview
2023 Incentive Program

Complete activities to thrive and earn monthly paycheck credits!

Start date: January 1, 2023
Deadline to earn points: November 30, 2023

Earn up to $400
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

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

Please note: You must complete your 2023 PHP before you will be eligible to receive any payouts.
New Ways to Earn Points

- Personal Pathfinder
- Guided Pathways
- All-new challenges, workshops and trackers
- Enhanced Personal Health Profile with focus on well-being
View Your Incentive Program

Access all of the details about the incentive program, download your incentive guide, view your progress and access key features such as:

• Health Screening Scheduler
• Tobacco Affidavit
• Self-Reported Activities
• And more!
Personal Health Profile

• 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
• Required activity
Biometric Screening

• Complete a health screening via an Onsite Screening, Physician Form or a LabCorp Lab Voucher

• Exams between December 1, 2022 and November 30, 2023 are eligible for points

• Earn 100 points for completing
Personal Pathfinder

- Assessment that guides you to your well-being priorities
- Retake every 90 days to check your progress
- Earn 15 points for completing; up to 30 points max
Guided Pathways

- Personalized plans to build skills, develop new habits and help you reach your goals

- Earn 50 points for each pathway completed; up to 150 points max
Tobacco Status

If you do not use tobacco:
Certify that you are tobacco-free with the online tobacco affidavit

If you do use tobacco:
Complete the 12-Week Quit Tobacco Pathway online or with a Wellness Coach

Earn 50 points for completing!
Trackers

- Fiber
- Fruits and Vegetables
- Sleep
- Sodium
- Steps
- Water

- Social Media
- Stress
- Meditation and Resilience
- Strength Training
- Time Exercised
- Charity Work

Challenges

- Be Kind to Your Mind
- Down to Earth
- Digital Detox
- Eat the Rainbow
- Dream Routine
- Expedition Lost City
- And more!

Points earned vary based on tracker or challenge you participate in
Workshops

• Our library of workshops can help enhance your well-being knowledge and prepare you to build new habits

• Earn 25 points for each workshop completed; up to 75 points max
# Other Ways to Earn Points!

<table>
<thead>
<tr>
<th>Action(s) to Earn Points</th>
<th>Points</th>
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<tbody>
<tr>
<td>Preventive Care</td>
<td>50/200</td>
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<tr>
<td>Stay on top of your health by completing preventive care exams</td>
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<tr>
<td>Flu Shot</td>
<td>50/50</td>
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<tr>
<td>Protect yourself and others by getting your flu shot</td>
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<tr>
<td>Dental Exams</td>
<td>50/100</td>
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<tr>
<td>Earn points for your two recommended dental exams per year</td>
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**Drexel Employee Only Activities**

| Ten at 10 Program                                                                       | 1/50    |
| Drexel’s Ten at 10 program encourages you to participate a healthy activity for 10 minutes Monday through Friday. |         |

This program is available to Drexel faculty and professional staff.

| Drexel Onsite & Virtual Wellness Activities                                              | Variable/200 |
| Events available for wellness incentive program credits will be listed on the HR Events Calendar and in the HR@Your Service Newsletter. |         |
Wellness Coaching
Coaching Programs

A Wellness Coach can help you meet your well-being goals and thrive.

- **Health Education Session**: 1 engagement with a Wellness Coach to discuss health screening results, PHP, and/or health goals. **Earn 15 points**

- **Full Coaching Program**: 6 engagements over 3 or more months with a Wellness Coach to help you meet your personal goals. **Earn 100 points**
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.
Questions?
Visit the blog!

A robust collection of timely articles viewable on desktop and mobile devices.

Go to:
Blog.HealthAdvocate.com

Plus, you can subscribe to receive monthly emails and participate in well-being campaigns!
Connecting with our coaches is easy!

866.695.8622
Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/Drexel