



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

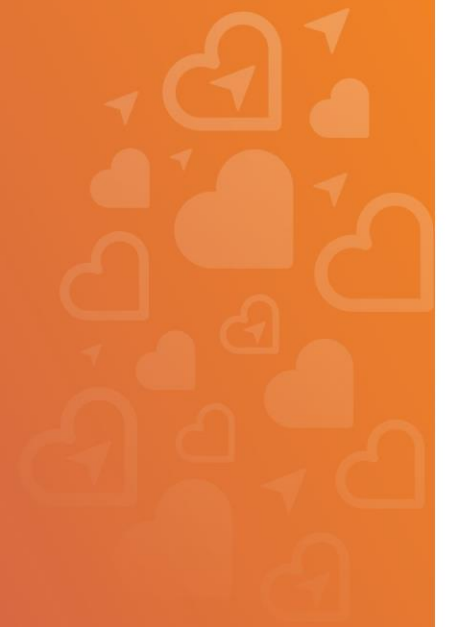


Personalized Well-Being

Drexel University | January 17, 2024



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



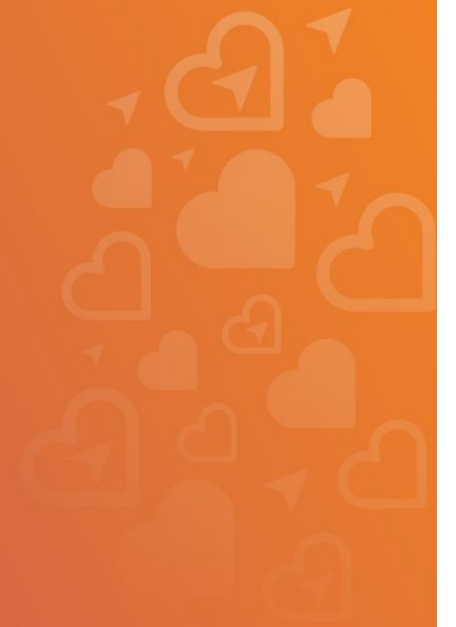
Stay motivated to
meet and keep
your well-being
goals



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

Earn 15 points

3-Session Program

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

Jump-Start Coaching Programs

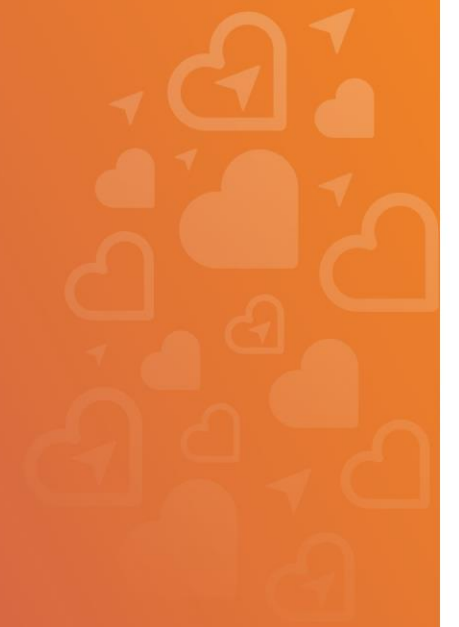
Scale Down
On the Move
Make Control Your Goal
Stress Less

Full Coaching Program

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





Earn 100 points

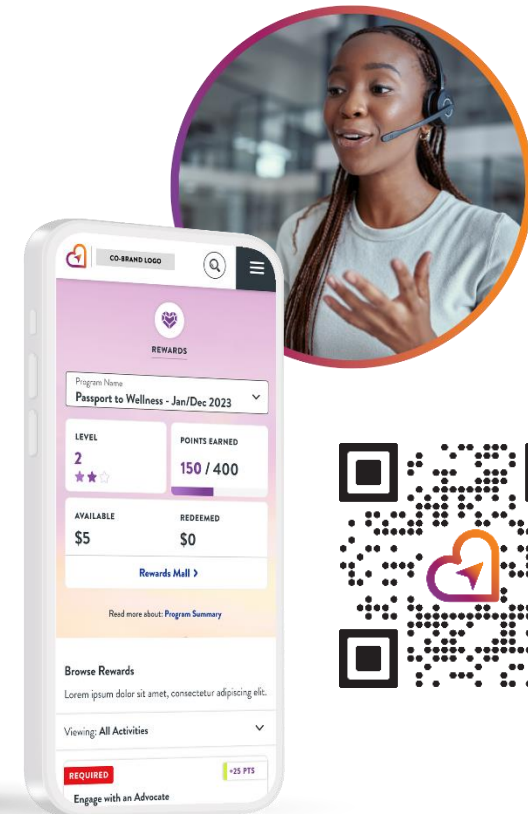
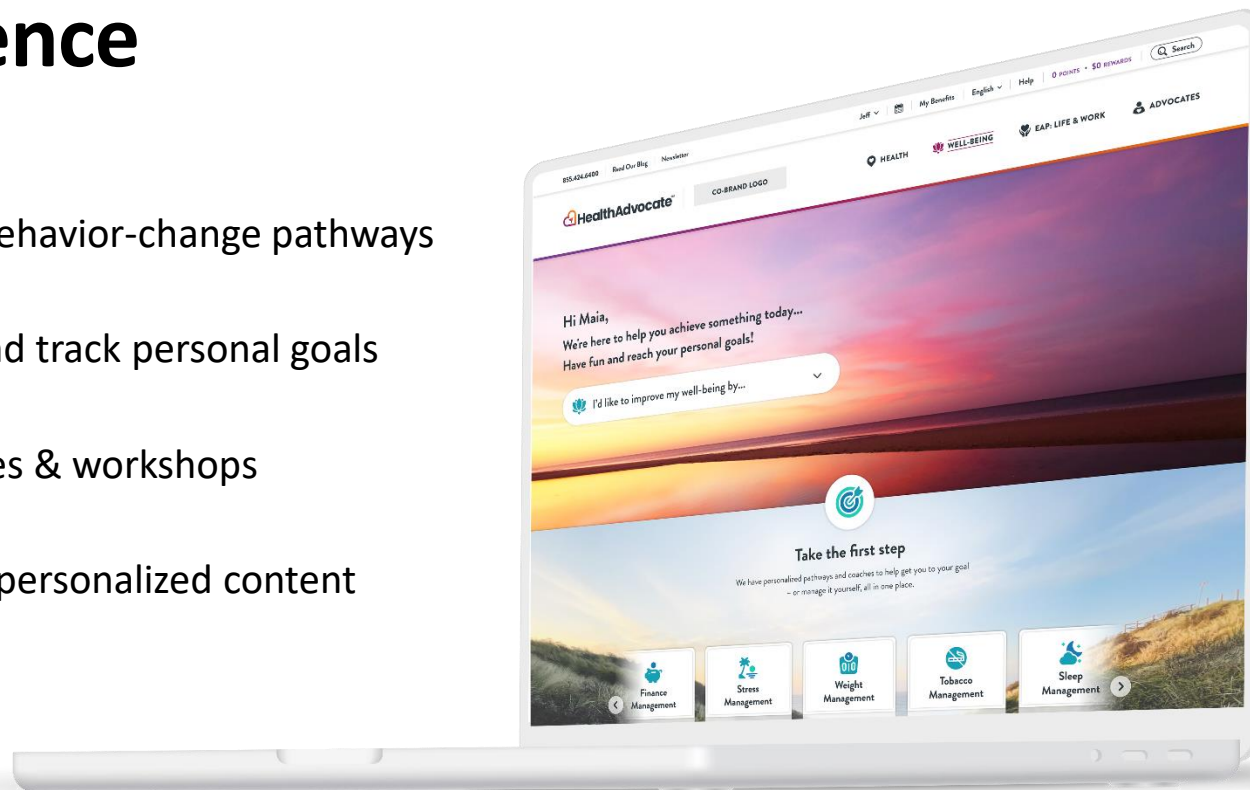
Well-Being Platform



Member website & mobile app

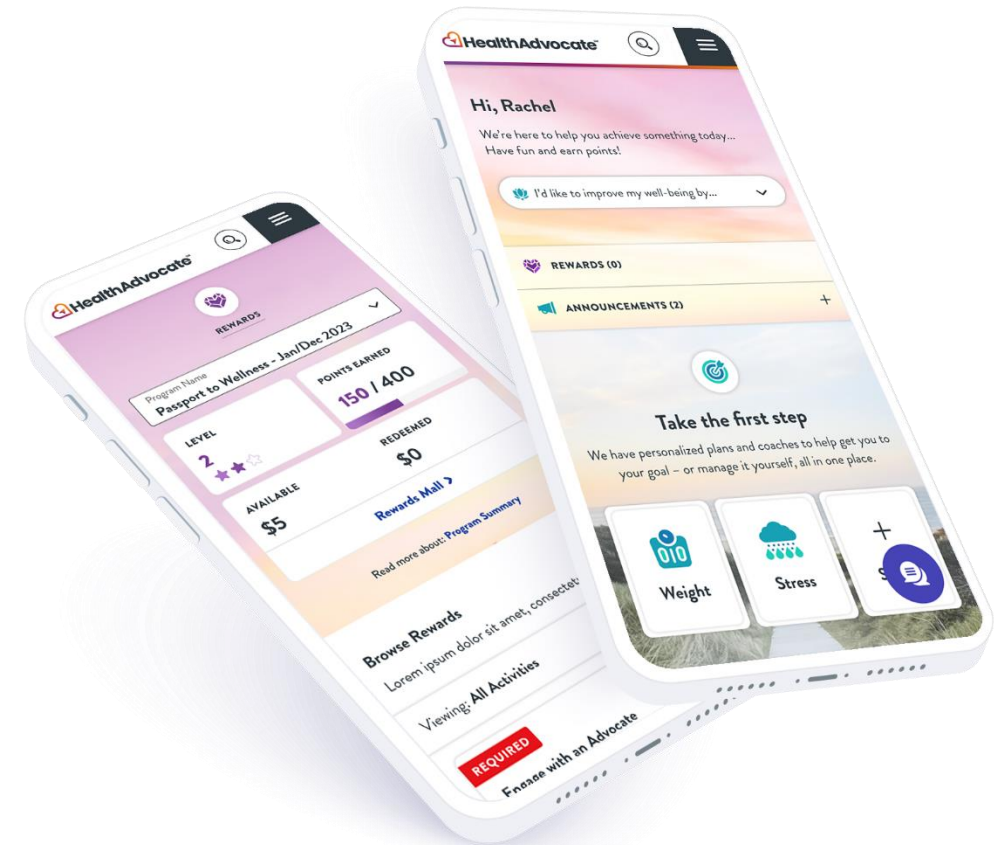
Immersive well-being experience

-  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



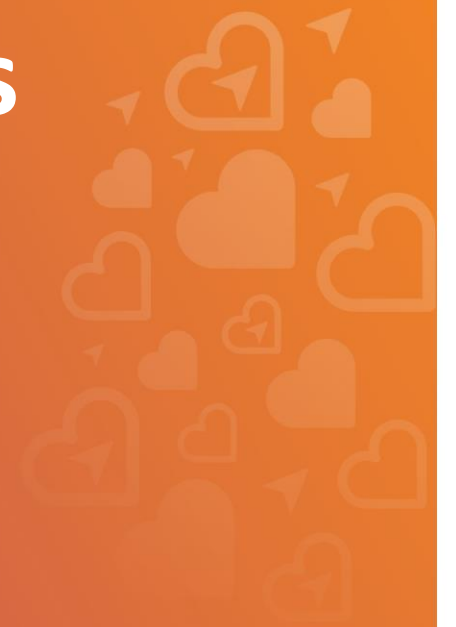
Your go-to resource for all of your health and well-being needs

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

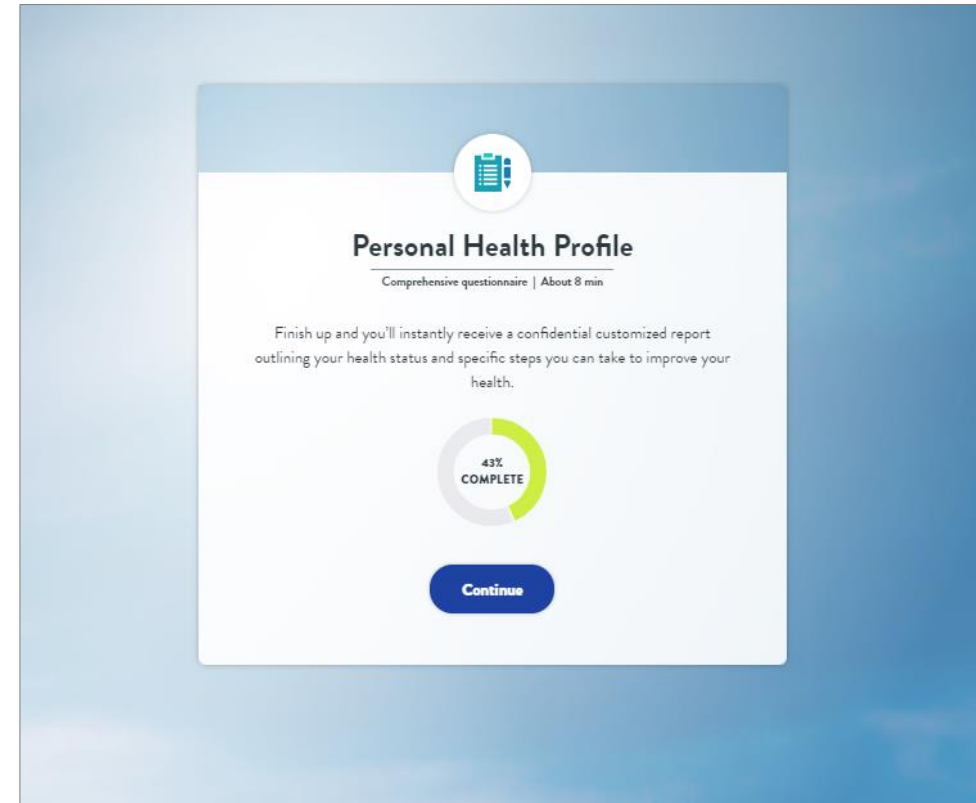
Spouses and domestic partners who receive medical insurance through Drexel, or spouses/partners of employees who waive medical coverage are eligible

***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

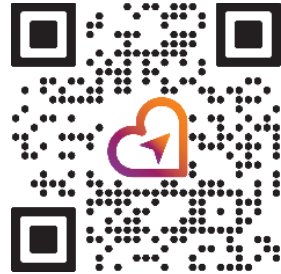


Questions?





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](#)

