Drexel University
2020 Wellness Program Guide

Complete healthy actions to earn your incentive!

Drexel University’s A Healthier U program, in partnership with Health Advocate, can help you improve your health and well-being—plus, you can earn rewards by participating in healthy activities! This guide explains what you need to do to earn your incentive.

Start date: January 1, 2020
Deadline: November 30, 2020
What is the incentive?
In 2020 eligible Drexel employees and spouses/domestic partners will be able to earn incentive dollars! Employees can earn up to $400 in Drexel medical premium or waiver credits. Eligible spouses/domestic partners can earn up to $250 in credits, resulting in a maximum credit of $650 for an eligible couple!

How to earn points
Earn points by completing the activities listed in this guide. Log on to your wellness website at any time to track your activity and see how many points you have earned so far. Employees and partners will each have their own separate secure login for the wellness portal.

What’s the deadline?
Your incentive program starts January 1, 2020 and ends November 30, 2020. You are eligible to earn up to a $400 premium or waiver credit for employee only coverage, and up to $650 if your eligible partner participates in the program. To start earning credits in your paycheck each month you will need to complete your required Personal Health Profile. Once this has been completed you can receive payouts for any points you earn each month. Incentive dollars earned by a partner will be reflected in the Drexel employee’s paycheck.

Who is eligible?
Full-time and part-time benefits-eligible faculty and professional staff enrolled in a Drexel medical plan, or full-time employees who participate in the medical coverage opt-out waiver, are eligible to earn up to $400.

Spouses and domestic partners who receive medical insurance through Drexel, or spouses and domestic partners of employees who participate in the medical coverage opt-out waiver, are eligible to earn up to $250, paid via the employee’s monthly check.

We are committed to helping you achieve your best health. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Health Advocate, who will work with your HR Department to try to find a wellness program with the same reward that is right for you in light of your health status.

Get started today!
The quicker you get on the path to better health, the sooner you’ll start to enjoy the rewards of being healthy. Remember, we’re here to support you in your journey toward better health and well-being. Just call or log on today for personalized help!

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

Download the app today!
Spouses and domestic partners who are enrolled under a Drexel medical plan or who are part of the medical waiver program are eligible to participate in all of the following activities, except for the Drexel On-site Wellness Activities.

<table>
<thead>
<tr>
<th>Activities</th>
<th>Activity Details</th>
<th>Points/Max. Points</th>
</tr>
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</table>
| **Complete Your Personal Health Profile REQUIRED** | Learn your health status and risks for disease.  
In order to start receiving monthly payouts, you must complete the required Personal Health Profile. Once completed, you will be able to earn monthly premium credits, up to a total of $400 for individual coverage, or up to $650 for employee and partner coverage. | 50/50              |
| **Drexel On-site Wellness Activities**          | Earn points for participating in on-site activities at Drexel, such as events in-person or via live web-stream. Please note that spouses/domestic partners are not eligible to participate in these onsite 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: http://drexel.edu/hr/about/calendar-events/  
Please note that you must register for the 2020 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. | Variable/200        |
| **Complete a Biometric Screening**              | Drexel will communicate the date for the 2020 Onsite Biometric Screening event.  
You also have the option to complete your screening via a Physician Form or a Labcorp Lab Voucher, which can be located on your member portal | 100/100            |
| **Participate in Personalized Coaching**        | Work with a Wellness Coach to motivate and support you as you strive to reach your health goals. Coaching is unlimited, but earning points entails 6 engagements with a coach over 3 or more months. The gap between engagements cannot be longer than 45 days. | 100/100            |
| **Be Tobacco-Free**                            | Attest to being tobacco-free via the online tobacco affidavit or complete the 12-week Health Advocate Tobacco Cessation program – online or with a wellness coach. During the program you will create your own Quit Plan for personalized support and learn new tips and strategies to become – and stay – tobacco-free! | 50/50              |
# Complete well-being activities to earn points!

<table>
<thead>
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<th>Activities</th>
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<th>Points/Max. Points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Complete Self-Guided Workshops</strong></td>
<td>Complete up to two 6-week, self-guided online wellness workshops. You may have one workshop in progress at a time.</td>
<td>25/50</td>
</tr>
<tr>
<td><strong>Participate in Drexel Sponsored Wellness Challenges</strong></td>
<td>Complete the requirements of up to two challenges sponsored by Drexel. Stay tuned for challenge dates! Points for completion will be awarded if you track your activity each week of the challenge.</td>
<td>25/50</td>
</tr>
<tr>
<td><strong>Personal Challenges</strong></td>
<td>Choose from a library of challenges you can run on your own, or invite coworkers to participate with you.</td>
<td>5/25</td>
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</table>
| **Preventive Care Exams**                       | See your doctor for one of the preventive screenings below. Visits occurring between 12/1/2019 and 11/30/2020 will qualify for points. Points can be earned for up to 2 of the following exams:  
  - Annual Physical/Well Woman Exam  
  - Breast Cancer Screening  
  - Cervical Cancer Screening  
  - Colon Cancer Screening  
  - Osteoporosis Screening  
  - Prostate Cancer Screening  
  - Skin Cancer Screening  
  - Vision Exam  
  Don’t have a primary care physician? Call Health Advocate to find the right doctor for you.  
  * If you are enrolled in a Drexel medical plan, Health Advocate will securely and automatically receive proof of your visit within approximately 3 months after the date of your exam.  
  * If you are receiving a medical waiver payment from Drexel and are eligible to earn the wellness incentive, you can have your physician complete the Non-Medical Enrolled Preventive Exam Form and submit to Health Advocate to receive points for your exams. This form can be found under the My Points section of your Health Advocate portal. | 50/100             |
| **Health Education Session**                    | Complete a call with a Health Advocate Wellness Coach to review the results of your PHP and/or Biometric Screening.                                                                               | 15/15              |
| **Don’t Weight! Make a Change**                 | Complete the Health Advocate online weight loss program. During this 12-week program, you will learn tips, tricks and long-term strategies to help you not only lose the weight, but also keep it off! | 50/50              |
| **Ten at 10 - Self-Report**                     | 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: [https://drexel.edu/hr/benefits/a-healthier-u/ten-at-10/](https://drexel.edu/hr/benefits/a-healthier-u/ten-at-10/). | 1/50               |
A maximum of 50 points for each tracker can be earned. A maximum of 40 points can be earned for the Charity tracker. There are many other trackers available on the wellness site for your use that are not eligible for points.

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Amount</th>
<th>Daily/Weekly/Monthly</th>
<th>Points</th>
</tr>
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<tbody>
<tr>
<td>Sleep</td>
<td>Sleep 7-9 hours</td>
<td>daily</td>
<td>1</td>
</tr>
<tr>
<td>Steps</td>
<td>Walk 10,000 or more steps</td>
<td>daily</td>
<td>1</td>
</tr>
<tr>
<td>Time Exercised</td>
<td>Exercise for 150 or more minutes</td>
<td>weekly</td>
<td>5</td>
</tr>
<tr>
<td>Resistance Training</td>
<td>Perform 2 or more days</td>
<td>weekly</td>
<td>5</td>
</tr>
<tr>
<td>Resilience Tracker</td>
<td>Perform at least one activity on 5 separate days</td>
<td>weekly</td>
<td>5</td>
</tr>
<tr>
<td>Charity Work</td>
<td>Perform 2 or more hours</td>
<td>monthly</td>
<td>10</td>
</tr>
<tr>
<td>Ounces of Water</td>
<td>Drink 64 ounces</td>
<td>daily</td>
<td>1</td>
</tr>
<tr>
<td>Fruits and Vegetables</td>
<td>Eat 5 or more servings</td>
<td>daily</td>
<td>1</td>
</tr>
<tr>
<td>Grams of Fiber</td>
<td>Eat 25 grams or more</td>
<td>daily</td>
<td>1</td>
</tr>
<tr>
<td>Milligrams of Sodium</td>
<td>Eat 1,500 mg or fewer</td>
<td>daily</td>
<td>1</td>
</tr>
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The Health Advocate Wellness Program can help you take charge of your health and improve your well-being. The Wellness Program includes the following features to help you achieve better physical, social, emotional and financial health so you can be your best self.

- **Wellness Coaching** Unlimited access to a Wellness Coach by telephone or secure web messaging to help you lose weight, get fit, quit tobacco, reduce stress and more.

- **Personal Health Profile (PHP)** Get a snapshot of your health, your risk for certain diseases and conditions, and personalized tips to help you improve your well-being.

- **Nutrition Support** Make eating healthy simple with delicious recipes and meal plans designed to help you reach your wellness goals.

- **Wellness Resources** Learn about health and well-being topics through tip sheets, the Health Advocate Blog and Health Information Center.

- **Interactive Challenges** Participate in personal or company-wide challenges to help you get fit, lose weight, eat better, and more.

- **Health Trackers** Use the health trackers to track your activity, progress and strive to meet healthy goals. Sync your fitness device or health apps for easy tracking.

- **Wellness Workshops** Participate in workshops on a variety of health and wellness topics, like nutrition, fitness, stress management, resilience, financial wellness, and more.

- **Gym Discounts** Access discounted memberships to thousands of fitness centers nationwide.

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**It’s easy to get started!** Follow these simple steps to register:

1. Visit HealthAdvocate.com/Drexel
2. Register for the website and enter the required information, then log in
3. Browse the features and program available to help you lose weight, get fit, eat better, quit tobacco, improve your financial wellness, reduce your stress, and more!

All of your Personal Health Information is protected and kept strictly confidential.