

**SPOUSE/DOMESTIC PARTNER POINTS**  
**Drexel University 2019 Wellness Incentive Points Possibilities**  
**1/1/2019 - 11/30/2019**

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	1/1/2019	11/30/2019	The PHP will be required again for the 2019 program. Employees will need to complete the PHP in order to start receiving their monthly incentive payouts for other points earned. This will take 15-20 minutes to complete through the HA portal.
Biometric Screening (Onsite, Physician Form or Labcorp voucher)	Complete a biometric screening in order to be eligible for the wellness incentive.	100	100	N	1/1/2019	11/30/2019	The onsite screening event will be scheduled for March 2019. Physician Forms and Lab Vouchers will be available on the member portal, and can be accessed any time as of 1/1/2019. Physician forms will have a lookback period to 12/1/2018 in order to allow employees to use a full year for physician visits.
Preventive Care Exams	Complete up to two age appropriate preventive care exams	50	100	N	12/1/2018	11/30/2019	Annual Physical, Well Woman Exam, Osteoporosis Screening, Breast Cancer Screening, Cervical Cancer Screening, Colon Cancer Screening, Skin Cancer Screening, Prostate Cancer Screening, Vision Exam.
Online Workshops	Complete workshops (nutrition, weight, fitness, stress, financial wellness, etc.).	25	50	N	1/1/2019	11/30/2019	There are 11 workshops to choose from, each takes 6 weeks to complete. One workshop can be completed at a time in order for the member to focus on the behavior changes associated with each workshop.
Don't Weight! Make a Change	12 week online weight loss program	50	50	N	1/1/2019	11/30/2019	Members can securely complete this 12 week online weight loss program. One chapter will be available each week for completion. This is a separate program from the 6 week workshops.
Challenges	Complete requirements of a company organized challenge.	25	50	N	1/1/2019	11/30/2019	Drexel will run two company sponsored challenges throughout the program year. These will be managed through the HA portal for both administrators and employees.
Health Education Session	Complete 1 call with Wellness Coach	15	15	N	1/1/2019	11/30/2019	This can also count towards a full Coaching program if the employee continues to work with a Coach. The Health Education Session is geared towards discussing an employee's PHP or screening results, but can also be used for goal setting.
Complete a Wellness Coaching Program	Complete a personalized coaching program (6 sessions over at least 3 months).	100	100	N	1/1/2019	11/30/2019	Designed to take place over at least 3 months so the employee can set goals with their Coach, and then work towards meeting those goals.
Tobacco Free/Tobacco Cessation	Attest to being tobacco free via the online tobacco affidavit or participate in tobacco cessation (online or telephonic).	50	50	N	1/1/2019	11/30/2019	Employees receive points after week 8 of the tobacco cessation program. Employees are not required to quit in order to receive points.
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	1/1/2019	11/30/2019	Daily trackers are worth 1 point, weekly trackers are worth 5 points, and the monthly charity tracker is worth 10 points. Each tracker will have a cap of 25 points, charity will have a cap of 20 points.
Drexel Onsite Wellness Activities	Participate in onsite Drexel health and wellness activities.	0	0	N	12/1/2018	11/30/2019	Spouses will NOT be eligible to complete onsite events.