



Drexel University  
**2017 Wellness Incentive Guide**

# Being healthy has its rewards.

**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.

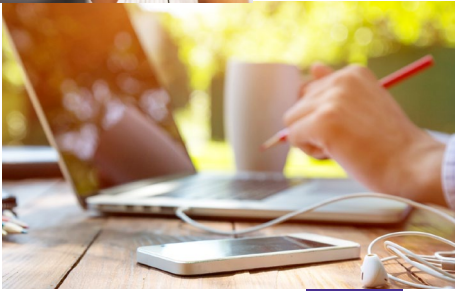


**A HEALTHIER U**  
DREXEL HUMAN RESOURCES

HealthAdvocate Solutions<sup>SM</sup>



# Earn points. Get your reward!



## All about your incentive

### What is the incentive?

Earn up to 400 points to receive a \$400 Drexel medical premium or waiver credit.

### 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.

### What's the deadline?

Your incentive program starts January 1, 2017 and ends November 30, 2017. You are eligible to earn up to a \$400 premium or waiver credit for the year. To start earning a credit each month you will need to complete your required Personal Health Profile. Once this has been completed you can earn a credit for any points you earn each month.

### Who is eligible?

Your Health Advocate Wellness incentive is available to eligible

employees enrolled in a Drexel medical plan or receiving a medical waiver payment. Spouses and Domestic Partners will be able to utilize the wellness program, but will not be eligible for an incentive.

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!**



**866.799.2728**

Visit us online at:  
[HealthAdvocate.com/Drexel](http://HealthAdvocate.com/Drexel)

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# Earn points by completing wellness activities.

Points/Max Pts.

## Required: Complete Your Personal Health Profile

Learn your health status and risks for disease.

In order to start receiving monthly premium credits, first complete your required Personal Health Profile. Once completed, you will be able to earn monthly premium credits, up to a total of \$400.

50 50

## Complete a Biometric Screening

Onsite Screening January 25, 2017

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

6 engagements with a Wellness Coach over at least 90 days

100 100

## Be Tobacco-Free

Certify that you are tobacco-free via the online affidavit or complete a tobacco cessation program online or with a Health Advocate Wellness Coach.

50 50

## Use online health trackers

Track your progress and reach healthy goals! Connect your compatible fitness device or manually track your activity.

**Daily Trackers:** sleep, steps, water, fruits & vegetables, fiber, sodium

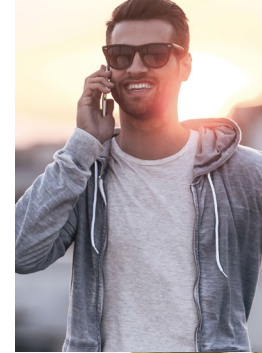
1 50

**Weekly Trackers:** time exercised, resistance training, resilience

5 50

**Monthly Tracker:** charity work

10 40



It's simple:  
Get healthy,  
earn points,  
get rewarded!

Call or log on to get started!



**866.799.2728**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

Web: [HealthAdvocate.com/Drexel](http://HealthAdvocate.com/Drexel)

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# Earn points by completing wellness activities.



**Get screened  
and see how you  
measure up!**

Points/Max Pts.

<p><b>Complete Self-Guided Workshops</b></p> <p>Complete a six-week wellness workshop (up to 2 per year)</p>	50	100
<p><b>Participate in Wellness Challenges</b></p> <p>Complete the requirements of up to two challenges sponsored by Drexel.</p>	50	100
<p><b>Engaging with an Advocate</b></p> <p>Complete up to three calls with Health Advocate (outside of Wellness Coaching).</p>	10	30
<p><b>Preventive Care Exams</b></p> <p>Complete up to two age-appropriate preventive care exams or screenings.</p>	50	100
<p><b>Health Education Session</b></p> <p>Complete a call with a Health Advocate Wellness Coach to review the results of your PHP and/or Biometric Screening.</p>	25	25
<p><b>Logging into the Wellness Portal</b></p> <p>Just log in and we'll get you started with 25 points!</p>	25	25

**Take the next step toward your reward.**



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