

# HEALTHY LIFESTYLE REWARDS PROGRAM

Earn up to 15 points by participating in the following healthy lifestyle activities during the calendar year. Track your rewards on the Healthy Lifestyle Rewards Passport and submit proof of each activity to the Office of Human Resources. Each line should be signed and dated by the program facilitator or an HR representative after proof of completion is presented. Completed Passports should be returned to the Human Resources Office by **December 31, 2022**. The [Employer-Sponsored Wellness Programs Notice](#) and more is posted at [Moravian.edu/wellness](http://Moravian.edu/wellness).

Pts	Healthy Lifestyle Reward Description	Proof Required
3	<b>Eight (8) Week Weight Management Program</b> <i>Through an app (like My Fitness Pal), computer, or program (Weight Watchers). Must be based on BMI chart; cannot be personal log. Tracking mechanism</i>	8-week log or receipt
2	<b>Run your credit report</b>	Confirmation of submission ( <i>actual credit report not needed</i> )
2	<b>Complete six (6) fitness classes</b> (PAWS, external: virtual or in-person)	Instructor signature, receipt, registration, or screenshot
2	<b>Participate in a walking/ running program or event</b>	Name on roster
1	<b>Receive an age appropriate Wellness Screening as identified on Preventative Schedule or as identified by PCP</b> <i>Eg., Body mass index check, blood pressure check, glucose screening, cholesterol screening, etc.; limited to 2 rewards points.</i>	EOB*
1	<b>Moravian DEI - Diversity, Equity and Inclusion - sponsored event</b> (Virtual or in-person)	Signature/ email from DEI staff member or screenshot
1	<b>Receive an annual immunization as identified in your Health Insurance as detailed on Capital BlueCross' Preventive Schedule</b>	EOB* or receipt
1	<b>Attend a health related Lunch &amp; Learn</b> (Virtual or in-person; limited to 2 rewards points)	Name on roster or screen shot
1	<b>Complete an annual physical exam, mammogram or colonoscopy</b>	EOB*
1	<b>Receive a routine dental exam</b>	EOB* or receipt
1	<b>Receive a routine eye exam</b>	EOB* or receipt
1	<b>Holistic Wellness Activity</b> (Ex. Acupuncture, chiropractor, colon cleanse, massage, etc.)	Receipt
1	<b>Attend one (1) Moravian University Benefits educational session</b> (Virtual or in-person)	Signature/ email from presenter or screenshot
1	<b>Participate in the Moravian Meditation Circle</b> (Virtual or in-person)	Signature/ email from presenter or screenshot
1	<b>Receive a COVID-19 immunization or booster</b>	Entering COVID-19 vaccination info in Ascentis ESS
1	<b>Attend an EAP Webinar</b>	Name on roster or screen shot

\*(Explanation of Benefits)

**Rewards – A stipend for the points achieved based on the schedule below!**

**3 points:** \$25 | **6 points:** \$50 | **9 points:** \$100 | **12 points:** \$150 | **15 points:** \$200

**\*\*Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all benefits-eligible employees. 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 us at 610.861.1527 and we will work with you (and, if you wish, with your doctor) to find an alternative with the same reward that is right for you in light of your health status.**

**Name (Print):** \_\_\_\_\_ **Total Points:** \_\_\_\_\_

**Authorized HR Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_