

# HEALTHY LIFESTYLE REWARDS PROGRAM

We believe that making healthy lifestyle choices can impact your health and well-being now and in the future by reducing the risk of major chronic diseases like cardiovascular disease, cancer, and diabetes. Through this program, making these healthy choices can earn you points toward a reward.



## Who can participate in the program?

All benefits-eligible employees can participate in the program and are eligible to start earning rewards. This includes employees not enrolled in the Moravian College health plan.

## How can I earn rewards?\*

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. Redeem your rewards points by submitting a Healthy Lifestyle Rewards Passport to the Office of Human Resources at the end of the calendar year.

		*(Explanation of Benefits)
Points	Healthy Lifestyle Reward Description	Proof Required
3	<b>Eight (8) Week Weight Management Program</b> <i>Must be based on BMI chart; cannot be personal log. Tracking mechanism through an app (like My Fitness Pal), computer, or program (Weight Watchers).</i>	8 week printed log
2	<b>Run your credit report</b>	Confirmation of submission (actual credit report not needed)
2	<b>Complete six (6) fitness classes</b> <i>PAWS or external.</i>	PAWS instructor signature or external
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>Participation in PAWS event of choice</b> <i>Announcement of event of choice will be made during the calendar year.</i>	Signature of PAWS Committee Member
1	<b>Receive an annual Immunization as identified in your Health Insurance as detailed on Highmark's Preventive Schedule</b>	EOB* or receipt
1	<b>Attend a PAWS Lunch &amp; Learn (limited to 2 rewards points)</b>	Name on roster
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>	Receipt
1	<b>Attend one (1) Moravian College Benefits Fair educational session</b>	Signature of presenter
1	<b>Participate in a Meditation Circle on campus</b>	Signature of instructor

## 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

# HEALTHY LIFESTYLE REWARDS PASSPORT

*Calendar Year: January 1, 2019 through December 31, 2019*

Participate in the activities below in accordance with the Healthy Lifestyle Rewards rules to earn rewards. Each box should be signed and dated by the program facilitator or an HR representative after proof of completion is presented. All benefits eligible employees can earn up to 15 points in rewards. Completed Passports should be returned to the Human Resources Office by **December 31, 2019**.

*\*\*Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all 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.*

REWARDS			
A stipend based on point values below!			
\$25	3 points	\$150	12 points
\$50	6 points	\$200	15 points
\$100	9 points		

WEIGHT MANAGEMENT PROGRAM (3)	CREDIT REPORT (2)	SIX FITNESS CLASSES (2)
WELLNESS SCREENINGS 1 (1):                      2 (1):	PAWS EVENT OF CHOICE (1)	IMMUNIZATION (1)
PAWS LUNCH & LEARN (1)	PAWS LUNCH & LEARN (1)	PHYSICAL EXAM/ MAMMOGRAM/ COLONOSCOPY (1)
ROUTINE DENTAL EXAM (1)	ROUTINE EYE EXAM (1)	WALKING/ JOGGING PROGRAM OR EVENT (2)
HOLISTIC WELLNESS ACTIVITY (1)	BENEFIT FAIR SESSION (1)	MEDITATION CIRCLE (1)

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

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