

# MORAVIAN UNIVERSITY

## 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, 2025. The [Employer-Sponsored Wellness Programs Notice](#), and more is posted at [Moravian.edu/wellness](http://Moravian.edu/wellness).

Maximum Points	Healthy Lifestyle Rewards Description	Proof Required
3	8 Week Journey to Wellness, choose from <a href="#">Sleep Journey</a> , <a href="#">Stress Management Journey</a> or <a href="#">Weight Management Journey</a>	Signed Affidavit that you have successfully tracked your journey for 8 weeks and documented it through journal entries
2	Run your Credit Report	Confirmation of submission (actual credit report not needed)
2	Participate in walking / running program or event	Name on roster
2	Complete six (6) fitness classes	Instructor signature, receipt, registration, or screenshot
2	Receive an age-appropriate Wellness Screening as identified on Preventative Schedule or as identified by PCP E.g., Body mass index check, blood pressure check, glucose screening, cholesterol screening, etc.; limited to 2 rewards points	Explanation of benefits, portal screenshot, after visit summary
1	Attend Center for Inclusive Excellence sponsored event - in person or via zoom	Signature/email from Center for Inclusive Excellence staff member or screenshot
1	Receive an annual immunization as identified in your Health Insurance as detailed on Capital Blue Cross' Preventative Schedule	Explanation of benefits or Receipt
1	Attend a health or safety related event through Moravian, LVAIC or NACU	Registration Confirmation or screenshot
1	Complete an annual physical exam, mammogram or colonoscopy	Explanation of benefits
1	Receive routine dental exam	Explanation of benefits or Receipt
1	Receive routine eye exam	Explanation of benefits or Receipt
1	Holistic Wellness Activity (Ex. Acupuncture, chiropractor, colon cleanse, massage, <a href="#">NEW - Passion Project</a> , etc.)	Submission on <a href="#">Google form</a> of passion project (video, photo, PDF)
1	Attend one (1) Moravian University Benefits education session (Virtual or in-person)	Signature/email from presenter or screenshot
1	Complete " <a href="#">Pause &amp; Power Up</a> " webinar/ <a href="#">Quiz</a>	Successful completion of quiz (80% or higher)
1	Submit a healthy recipe via <a href="#">NutriNotes</a> Post	NutriNotes Post
1	Attend a Moravian University <a href="#">Share Circle</a> or Meditation Circle	<a href="#">Verification of attendance</a>
1	Attend one (1) Moravian University sponsored Yoga event (in-person or virtual)	Registration Confirmation or screenshot
1	Attend an EAP webinar hosted by <a href="#">Health Advocate</a>	Name on roster / screenshot

### REWARDS – A Stipend for the points achieved based on the schedule below

<b>3 Points: \$25</b>	<b>6 Points: \$50</b>	<b>9 Points: \$100</b>	<b>12 Points: \$150</b>	<b>15 Points: \$200</b>
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\*\*Your health plan is committed to helping you achieve you 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 considering your health status.

<b>Name (Print):</b>		<b>Total Points:</b>	
<b>Authorized HR Signature:</b>		<b>Date:</b>	