



Living Well Incentive Earning Campaign

January 1, 2017 - November 30, 2017

Minimum points to receive cash reward:

Copper Level: 1,000 points = \$25

Bronze Level: 2,000 points = \$50

Silver Level: 2,150 points = \$100

Gold Level: 2,300 points = \$150

Platinum Level: 2,450 points = \$200

Please see other side of this document for point opportunities.

**New this Year! The PHA can now be taken on the Living Well site
from January 1st to October 31st!**

Living Well Portal Activities	Point Value	Earning Frequency	Max Points
Health Mission Statement	5	Once	20
Food Logged	1	Daily	50
Cardio Logged	1	Daily	50
Strength Training Logged	1	Daily	50
Water Logged	1 point for 32 oz.	Daily	50
Weight Logged	1	Daily	50
Wellness Workshops	10/week	Complete	120
2017 Tobacco Cessation Declaration	10	Once	10
Monthly Seminar Quiz	10	Monthly	110
<i>I practiced 10 minutes of meditation/deep breathing.</i>	1	Daily	50
<i>I took the stairs instead of the elevator.</i>	1	Daily	50
<i>Sit for 60, Move for 3.</i>	1	Daily	50
Living Well Healthy Habits	Point Value	Earning Frequency	Max Points
Preventive Care Visit	25	Once	25
Dental Visit	15	Monthly	30
Flu Immunization	10	Once	10
Health Education Seminar	15	Daily	120
Community Events	15	Daily	60
Living Well Personal Health Assessment and Screening Healthy Habits	Point Value	Earning Frequency	Max Points
Health Assessment	1000	Once	1000
Health Screen	1000	Once	1000
BONUS Living Well Organizational Goal	Point Value	Earning Frequency	Max Points
Living Well Organizational Goal	50	Once	50

2017 Living Well Incentive Earnings Campaign Guidelines:

- **New in 2017:** Please note that the Health Assessment will be administered through our Living Well portal as opposed to the previous method. Also, be aware that the Health Assessment can be completed from 1/1/17 - 10/31/17 for the 1000 points.
- This is a voluntary program open to all full-time benefit eligible employees.
- Participants can earn points on the [Living Well portal](#) by completing designated wellness activities.
- It is implied that participants will track based on the honesty policy, but Living Well - YSU's Employee Wellness Program reserves the right to review points earning if it is warranted.
- Participants are eligible to receive one incentive reward for the 2017 Incentive Earning Campaign.
- All rewards will be issued through the employee's pay in December 2017 (Date TBA). Note that under IRS regulations monetary incentives are considered taxable income and subject to withholding.

For any questions, please contact Carrie Clyde at 330-941-3360 or rclyde@ysu.edu