WKU TopLife

A Healthy Campus Community

Wellness NEWS

2026 – Q3

WKU TopLife Incentive Reminders

- If you and your covered spouse/partner, if applicable, are enrolled in health benefits effective 1/1/2026, each is required to have completed the Health Assessment by 12/15/2025 and earn a minimum of 5,000 Vitality points by 9/1/2026.

- New hires and covered spouses/partners, if applicable, who enrolled in health benefits after open enrollment with benefits effective after 1/1/2026 through 5/31/2026, are required to complete the Health Assessment by *9/1/2026* to fulfill your pledge.

Resources

To support emotional & mental wellbeing

- Anthem EAP: 800-865-1044
  www.anthemEAP.com
  Company code: WKU
- Mental & emotional health coaching via HealthFitness: 833-385-8118 http://www.toplifewellness.com

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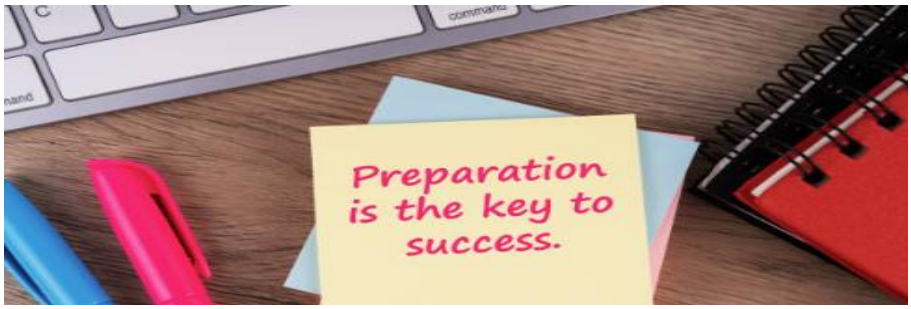

CHALLENGE ALERT!

Home Stretch Hustle

It's time for one final surge before the program year ends towards earning at least **5,000 points by September 1** to qualify for the TopLife wellness incentive and maximize your success!

No matter where you're starting, every point counts, so keep moving, stay engaged, and make these final weeks your strongest yet! Remember, the more points you earn now, the bigger your advantage next year. That's because **10% of your total points will roll over into the new program year**, giving you a running start on day one.

Challenge Dates: August 10 – September 1
Register via the Challenge tab on Vitality: August 5 - 17

Challenge Goal: Complete qualifying activities to earn as many Vitality points as possible.

Prizes:

- Join the challenge and earn at least 100 Vitality points during the challenge and we'll match it with awarding you with **100 Vitality bonus points towards this year's incentive.**

- Climb the leaderboard for bragging rights. Land in the top 15 for a **SUPER bonus – an additional 100 Vitality points**. Winners must have logged at least 100 Vitality points within the challenge timeframe.

Remember, Vitality is easily accessible whether on or off campus via the app or desktop so that you can continue your wellness journey anywhere you have internet access.

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Upcoming Webinar

Creating New Habits

As the seasons change — summer into the school year, fall into winter, winter into spring — they offer natural opportunities to pause and reflect on your routines and habits.

Join Coach Madeline to learn best practices for building new habits and stepping into a refreshed you.

When: Thursday, August 13, 2026

Time: 11-11:30 am CT/12-12:30 pm ET

Where: Register today to join the webinar live on Webex and earn **50 Vitality points.** *Note, you must attend the full webinar to earn points.*

Coach Madeline is a board-certified health and wellness coach with over 20 years' experience in the industry. When she's not changing lives, she enjoys spending time with her family while engaging in her favorite habits — working out together, finding new hiking trails near her home in Southern Illinois and creating delicious plant-based meals and desserts.

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COACH'S CORNER

powered by HealthFitness

with Coach Pam

Recharge & Reset: *Micro-Moments for Mental Energy*

It's a perfect time to recharge; not just physically, but mentally. As summer winds down and preparations for back to school and a new semester unfold, many of us push through without giving our minds the breaks they need. Our brains aren't designed to stay "on" all day. Without intentional breaks, mental fatigue can build up, leading to decreased productivity, increased stress, and lower problem-solving ability.

The good news? You don't need a vacation to reset. Taking short, mindful pauses helps refresh your thinking, boost resilience, and improve overall performance without disrupting your workflow.

Try focusing on micro-moments of mindfulness. Unlike longer wellness routines, these quick resets fit seamlessly into your workday and can make a big impact when practiced consistently.

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Here are three quick mindfulness practices to recharge your day.

1. The 60-Second Reset
- Pause and sit back in your chair
- Take a slow inhale through your nose
- Exhale slowly through your mouth
- As you breathe, release any tension in your shoulders, jaw, and hands
- Repeat for 5-6 breaths (about 60 seconds)

Why it works: This quick reset helps your brain transition between tasks and reduces accumulated stress.

2. The "Physiological Sigh"
- Take a deep inhale through your nose
- At the top of the inhale, take a second quick "top-up" inhale
- Slowly exhale through your mouth until your lungs feel empty
- Repeat 3-5 times

Why it works: This technique helps release built-up carbon dioxide and rapidly calms the nervous system. It's a natural stress reliever your body already uses (like when you sigh), making it both intuitive and highly effective in the moment.

3. Mindful Transition Moments
- Before moving to your next task, pause for a few seconds
- Ask yourself: *"What do I want my focus to be for the next moment?"*
- Take one deep breath and set a simple intention (e.g., "focus," "listen," "be calm")

Why it works: This creates purposeful transitions instead of carrying stress from one task into the next.

Scan the QR code or click this link to earn Vitality points for reading this article!

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Have a success story to share?

If you have experienced positive outcomes because of your participation in the TopLife Wellness program, we'd love to hear about it!

Your story can inspire and motivate others on their wellness journey. It can be a powerful reminder that wellness goals are achievable, and it can inspire others to take the next step.

Submit a Testimonial Here
or scan the QR code below.

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