

New Hires (November 2019 – May 2020)

Top Life Employee Wellness Program Requirements

Earn a total of 300 points

In order to maintain/earn your wellness rewards, complete the following **by September 1, 2020**:

2019 - 2020 Program Year <i>October 1, 2019 – September 1, 2020</i>	Reward Points	Available on www.toplifewellness.com
Tier I: Gateway Activities		
Biometric Screening	75	Call GGC@WKU at 270-745-2273 (option 4) to schedule.
Online Health Assessment	75	View the Health Assessment program card located under Active Programs in your Personal Health Itinerary to complete.
Tier II: All other activities will unlock when both Tier I activities have been completed		
Cholesterol	50	Total Cholesterol <200
Blood Pressure	50	Less than 140/less than 90
Glucose	50	Fasting glucose <100mg/dl
Body Mass Index (BMI)	50	BMI <27.5
Tobacco – Free	50	Add the Tobacco program card to your active programs to update your tobacco status.
Healthcare Bluebook™	50	Visit www.healthcarebluebook.com/cc/wku and complete the ShopSmart Challenge. Once completed, access the Healthcare Bluebook® program card in available or active programs and click 'I did it' to earn your reward points.
LiveHealth Online®	50	Visit www.livehealthonline.com , watch the demo video and complete registration. Once completed, access the LiveHealth Online® program card in available or active programs and click 'I did it' to earn your reward points.
Health Advising	75	Complete one phone session with a professional Health Advisor and learn more about your current health status and what wellness programs are available to you.
Health Coaching	250 (50 points per session)	Enroll in Health Coaching and complete 5 phone sessions with your coach to earn a total of 250 points. Each session completed is worth 50 reward points. Includes phone tobacco cessation. Enroll by 6/30/2020. Complete sessions by 8/31/2020.
On-Campus Freedom From Smoking® Program	250	Attend at least 6 of 8 on-campus <i>Freedom From Smoking</i> ® meetings
WW (Weight Watchers® Reimagined)	250	Complete one of the following two options: 1.) Digital + Workshops Members: Enrollment into program then attend 2 workshops per month in 3 consecutive months 2.) Digital Members: Enrollment into program then track food and/or physical activity 20 times per month in 3 consecutive months Go to weightwatchers.com/us/wku to complete enrollment and to access exciting WW features and products. Use Employer ID: 14920989 and Employee ID to register.

Naturally Slim	250	Complete 8 of 10 weekly <i>Foundations™</i> sessions.
Preventive Care	50	Learn which preventive screenings might be right for you and confirm completion with an in network provider. After completion of a preventive care screening, locate the Preventive Care program card and click “I did it!”
Fitness Assessment or Strength Training Orientation	100	Call Preston Center Health & Fitness Lab at 270-745-8631 to schedule.
OnDemand Seminars (Videos)	100 (25 points each)	Go to Add Programs to access available OnDemand educational seminars through video format. Each rewardable seminar will include a video and quiz for completion. Complete the seminars anytime, anywhere. Seminars topics include Financial Well-Being, Manage Stress, Fitting in Fitness and Healthy Lunches.
HealthTrails™ Online Challenge (spring)	150	The goal of HealthTrails™ is to earn 400 virtual miles along trails of your choice in 8 weeks. Register by 2/28/20, track all activity before 4/17/20.
Keep America Active™ Online Challenge (summer)	150	The goal of Keep America Active™ is to earn challenge points in 6 weeks. Register by 6/12/20, track all activity before 7/17/20.

The WKU Health Plan is committed to helping you and your spouse/partner achieve optimal health and well-being. Rewards for participating in a wellness program are available to all employees. If you think you or your spouse/partner might be unable to meet a standard for a reward under this wellness program, you might be eligible to earn the same reward by different means. Contact the Employee Wellness & Benefits Team at 270-745-5360 or Benefits@wku.edu and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you given your health status.

