

## Open Enrollment Participants

### Top Life Employee Wellness Program Requirements

**Earn a total of 450 points**

In order to maintain/earn your wellness rewards, complete the following:

2019 - 2020 Program Year <i>October 1, 2019 – September 1, 2020</i>	Reward Points	Available on <a href="http://www.toplifewellness.com">www.toplifewellness.com</a>
<b>Tier I: Gateway Activities</b> <b>Complete by December 13, 2019</b>		
<b>Biometric Screening</b>	<b>75</b>	Call GGC@WKU at 270-745-2273 (option 4) to schedule.
<b>Online Health Assessment</b>	<b>75</b>	View the Health Assessment program card located under Active Programs in your Personal Health Itinerary to complete.
<b>Tier II: All other activities will unlock when both Tier I activities have been completed</b> <b>Complete by September 1, 2020</b>		
<b>Cholesterol</b>	<b>50</b>	Total Cholesterol <200
<b>Blood Pressure</b>	<b>50</b>	Less than 140/less than 90
<b>Glucose</b>	<b>50</b>	Fasting glucose <100mg/dl
<b>Body Mass Index (BMI)</b>	<b>50</b>	BMI <27.5
<b>Tobacco – Free</b>	<b>50</b>	Add the Tobacco program card to your active programs to update your tobacco status.
<b>Healthcare Bluebook™</b>	<b>50</b>	Visit <a href="http://www.healthcarebluebook.com/cc/wku">www.healthcarebluebook.com/cc/wku</a> 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.
<b>LiveHealth Online®</b>	<b>50</b>	Visit <a href="http://www.livehealthonline.com">www.livehealthonline.com</a> , 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.
<b>Health Advising</b>	<b>75</b>	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.
<b>Health Coaching</b>	<b>250 (50 points per session)</b>	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.
<b>On-Campus Freedom From Smoking® Program</b>	<b>250</b>	Attend at least 6 of 8 on-campus <i>Freedom From Smoking</i> ® meetings
<b>WW (Weight Watchers® Reimagined)</b>	<b>250</b>	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 <a href="http://weightwatchers.com/us/wku">weightwatchers.com/us/wku</a> to complete enrollment and to access exciting WW features and products. Use Employer ID: 14920989 and Employee ID to register.

<b>Naturally Slim</b>	<b>250</b>	Complete 8 of 10 weekly <i>Foundations™</i> sessions.
<b>Preventive Care</b>	<b>50</b>	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!”
<b>Fitness Assessment or Strength Training Orientation</b>	<b>100</b>	Call Preston Center Health & Fitness Lab at 270-745-8631 to schedule.
<b>OnDemand Seminars (Videos)</b>	<b>100 (25 points each)</b>	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.
<b>HealthTrails™ Online Challenge</b> (spring)	<b>150</b>	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.
<b>Keep America Active™ Online Challenge</b> (summer)	<b>150</b>	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](mailto: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.

