



A Healthy Campus Community

2019 Top Life Wellness Pledge

For employees hired after November 1, 2018

Reward

When you accept the Top Life Pledge, you become eligible to receive wellness credits (funds) to either your HSA or HRA, as well as discounted premiums on your health plan.

Pledge

- ✓ I/We pledge to earn 150 points by completing Tier I Activities (Online Health Assessment & Biometric Screening)
- ✓ I/We pledge to earn 150 points by completing any combination of Tier II Activities
- ✓ I/We pledge to: wear a seat belt 100% of the time, be physically active, increase my/our knowledge of healthy eating & knowledge about healthcare quality and cost.

Dates

Tier I Deadline

Benefits start: **Complete by:**

1/1/19 2/28/19

2/1/19 3/31/19

3/1/19 4/30/19

4/1/19 5/30/19

5/1/19 6/30/19

6/1/19 No Activities Required

Tier II Deadline

September 1, 2019