

What's new for your health in 2014?

WKU is offering you MORE chances to get rewarded for taking charge of your health!

Approximately 45 percent of full-time, benefits eligible employees participated in 2013, but we believe WKU can do even better! There will be more health improvement and awareness activities to choose from in 2014, so you'll have plenty of opportunities to achieve the full incentive.

Here's what you can look forward to:

Step 1	Complete the two gateway activities (health assessment and biometric screening) by March 31, 2014, to earn 60 points. <i>*Both gateway activities must be completed to be incentive eligible.</i>	Step 2	Complete one or more healthy activities by November 15 to earn 40 points.
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When you earn 100 total points, you can choose one of these exciting rewards:

- \$180 healthcare premium credit
- \$180 healthcare flexible spending account (FSA) contribution
- \$180 supplemental payment in paycheck
- One vacation/wellness day

If you earn 60 total points by completing the two gateway activities only (HA and biometric screening), you can choose one of these partial rewards:

- \$100 healthcare premium credit
- \$100 healthcare flexible spending account (FSA) contribution
- \$100 supplemental payment in paycheck
- One-half vacation/wellness day

This chart details all the activities to keep an eye out for in 2014:

Eligible Activities		Points
Complete between January 6 and March 31	Online Health Assessment (HA)	30
	Biometric Health Screening	30
	Subtotal	60
Complete between January 6 and November 15	Lifestyle Management Coaching (by phone or online)	40
	Condition Management Coaching (by phone only)	40
	Health Challenge (spring, summer and fall)	20 each
	Aerobic Activities (self-reported)	40
	Weight Watchers (self-reported)	40
	Cooper-Clayton Smoking Cessation Program	40
	Employee Wellness Sponsored Colloquium/Seminar	20 each
	Subtotal	40
Total points needed to earn full reward		100

You have the power to earn your reward while reaping the benefits of a healthier lifestyle.

Log on to wku.livehealthier.com for more details!

wku.livehealthier.com

Questions? Call 888-471-8851

WKU Employee Wellness
Spirit of Health

