



WKU Employee Wellness

Live Well. Live Strong.



- **TAKE CHARGE OF YOUR HEALTH.** Build awareness of your own health status, reduce individual health risks, prevent illness and sustain the course of wellness by participating in the new employee wellness program.
- **GET REWARDED.** Earn points by participating in eligible health improvement and awareness activities.

Step 1 - Complete two gateway activities (health assessment and biometric health screening) by **March 31, 2013** to earn 50 points.

Step 2 - Complete one of five additional activities by **November 15, 2013** to earn 50 points.

Earn **100 total points** and receive one of the following incentives:

\$ 180 health care premium credit

\$ 180 health care flexible spending account (FSA) contribution

\$ 180 supplemental payment in paycheck

One vacation / wellness day



	Eligible Activities	Points
1	Between January 3 and March 31	
	Earn 50 points by completing the following <u>two</u> gateway activities *	
	1. Online Health Assessment (HA)	25
	2. Biometric Health Screening	25
	Subtotal	50
2	Between January 3 and November 15	
	Earn an additional 50 points by completing <u>one</u> of the following activities	
	1. Lifestyle Coaching (online or telephonic)	50
	2. Disease Management (telephonic)	50
	3. Health Challenge (spring or fall)	50
	4. Physical Activity Attestation	50
	5. Weight Watchers	50
	Subtotal	50
	Total Points	100

* Both gateway activities must be completed to be incentive eligible.

To get started log on to **wku.livehealthier.com**



For questions call **1-888-471-8851**

"Live well and live strong Hilltoppers" - President Gary Ransdell

All WKU full-time benefits eligible employees are program and incentive eligible.