



2022 WELLNESS PROGRAM ACTIVITY DESCRIPTIONS

HEALTH RISK ASSESSMENT (HRA)

A questionnaire focused on commonly overlooked areas of wellness, the HRA identifies opportunities to maintain and improve your health. It includes a personal learning survey which provides insight into how you most effectively learn new information and accomplish tasks at work and in your personal life. Complete the HRA via the wellness portal.

BIOMETRIC SCREENING

Through lab work and body measurements, a biometric screening gives you and your physician insight into your overall wellbeing, highlighting what health conditions you have or are at risk of developing and serving as a baseline for improvement. There are various ways to schedule your biometric screening through the wellness portal.

WELLNESS CHALLENGES

Three companywide wellness challenges will be conducted in 2022 – one per quarter starting in Q2. You must join the challenge and track your progress on the wellness portal, and all are accessible across a variety of browsers and mobile devices. Points will appear once the challenge is completed.

PREVENTIVE ACTIONS

Preventive actions, such as an annual physical exam, dental/vision exams, vaccines, preventive screenings (colonoscopy, mammogram, prostate exam, etc.) play a key role in reducing or eliminating the risk of illness and/or a chronic condition. Under the Points Tracking tab on the wellness portal, click on the orange “report” button to add a preventive action. Choose completion date, select the activity from the drop-down menu, sign electronically and submit.

DAILY MINI CHALLENGES

Each day, the wellness portal homepage prompts visitors to complete a healthy action item, such as scheduling an annual preventive exam or eating a nutritious breakfast. Upon completing the action, click the “I did this today” button to confirm your participation in the mini challenge.

MONTHLY FEATURED COURSES

Designed to educate and motivate, a new topic is introduced via email at the start of each month and featured on the wellness portal homepage. Watch it when and where convenient by month-end, and points will be added if you earn a test completion score of at least 70%.

DAILY NUTRITIONAL ACTIVITY TRACKING

Report your daily healthy food intake via the wellness portal or app. For each day you reach the target, points are added to your account.

DAILY PHYSICAL ACTIVITY TRACKING

Choose one of two options: Report your daily activity manually or **sync a wearable fitness** to the wellness portal. For each day you reach at least 7,550 steps, points are added to your account.