

Mary Baldwin University
2017 Wellness Program
Engagement Options & Rewards



REQUIRED ACTIVITIES FOR ENGAGEMENT		Points
Health Screening	Complete your health screen	1
Health Survey	Complete the online Health Survey	1

ADDITIONAL WELLNESS PROGRAMS AND ACTIVITIES

Preventative Exams		Per Event	Possible Per Year
Physical Exam	Recommended yearly	1	1
Dental Checkup	Recommended twice a year	1	1
Vision Exam	Recommended every 1-2 years	1	1
Influenza Vaccine	Recommended yearly	1	1
Mammogram	Recommended for women over 40	1	1
Colorectal Cancer Screening	Recommended for those over 50	1	1
Skin and Mole Evaluation	Recommended for those over 40	1	1

Goal Achievement		Per Goal Period	Possible Per Year
Achievement of Your Wellness Goals	Established on Wellness Website (1 point/goal/week)	24	96

Wellness Programs		Per Event	Possible Per Year
Q1: No Gym, No Problem	Muscle conditioning 1/17 - 2/13	1	1
Q1: Give Up Your Vice	Breaking Bad Habits 1/24 - 3/6	1	1
Q1: The Power of Two	Exercise, healthy eating, weight loss 2/1 - 3/28	1	1
Q1: Ultimate Plank Challenge	25 days of planking 1/17 - 2/13	1	1
Q1: Stress Down	Stress Management 1/17 - 2/27	1	1
Q1: Slash the Sugar	Decrease sugar intake 1/24 - 2/27	1	1
Q1: Food Fight	Nutrition 3/1 - 3/28	1	1
Q1: Rest & Unwind	Stress and Sleep 2/28 - 3/27	1	1
Q2: Stress Down	Stress Management 4/18 - 5/29	1	1
Q2: The Power of Two	Exercise, healthy eating, weight loss 5/2 - 6/26	1	1
Q2/Q3: Create Your Plate	Create a healthy plate 3/14 - 4/17	1	1
Q2: Food Fight	Nutrition 6/1 - 6/28	1	1
Q2: No Gym, No Problem	Muscle conditioning 6/1 - 6/28	1	1
Q2: Ultimate Plank Challenge	25 days of planking 6/1 - 6/28	1	1
Q2 Give up Your Vice	Breaking Bad Habits 5/17 - 6/27	1	1
Q2: Just Add Water	Increase water consumption 6/1 - 6/30	1	1
Q3: Stress Down	Stress Management 7/25 - 9/5	1	1
Q3: Slash the Sugar	Decrease sugar intake 6/13 - 7/17	1	1
Q3: Food Fight	Nutrition 9/5 - 10/2	1	1
Q3: Rest & Unwind	Stress and Sleep 7/5 - 8/1	1	1
Q3: Create Your plate	Create a healthy plate 7/18 - 8/21	1	1
Q3: The Power of Two	Exercise, healthy eating, weight loss 8/1 - 9/25	1	1
Q3: Just Add Water	Increase water consumption 7/1 - 7/30	1	1
Q3: Just Add Water	Increase water consumption 8/1 - 8/30	1	1
Q3: Ultimate Plank Challenge	25 days of planking 9/12 - 10/9	1	1
Q4: No Gym, No Problem	Muscle conditioning 9/12 - 10/9	1	1
Q4: The Power of Two	Exercise, healthy eating, weight loss 10/18 - 12/12	1	1
Q4: Seasons Eatings	Weight Maintenance 11/1 - 12/12	1	1
Q4: Be Thankful	Gratitude and Thankfulness Program 10/17 - 11/28	1	1
Q4: Rest & Unwind	Stress and Sleep 10/3 - 10/30	1	1
Q4: Stress Down	Stress Management 10/31 - 12/11	1	1
Breathe Better	Smoking Cessation	2	2
A Year of Health	Monthly health topic	2	2

Additional Wellness Points		Per Event	Possible Per Year
Website Log In Points	Log into the beBetter Site on a regular basis	1 per day	18
Website Surprise Points	Randomly earn Surprise Points when you log in	2	10

