

FY16 Wellness Program

Activity	Required?	Incentive Point Value	Additional Information
Personal Health Assessment	YES	N/A	5/1/15—4/30/16
Biometric Screening	YES	N/A	5/1/15—4/30/16 1. On-site biometric screening 2. Healthcare Provider Form 3. Quest Patient Service Center
Earn at least 5 points by completing any combination of the following activities:			
Activity utilizing Connected!	No	1 point max/month 4 points max	5/1/15—4/30/16
Tobacco Attestation	No	1 point max	Complete attestation directly on Healthyroads
Worksite Health Challenge (University-sponsored Challenges only)	No	1 point each 2 points max	4 Challenges offered this year (vs. 2 previously)
Education Opportunities: Earn up to 4 points/max through the following options:			
Online Classes	No	1 point per 8 classes 4 points max	5/1/15—4/30/16
On-Site Education Sessions	No	1 point per class 4 points max	4 sessions offered this year
Lifestyle Coaching	No	2 points per 4 sessions 4 points max	5/1/15—4/30/16
Routine Wellness Opportunities: Earn up to 4 points/max through the following options:			
Annual Wellness Visit	No	1 point max	5/1/15—4/30/16 Received from Premera data feed
Adult Immunization Attestation	No	1 point max	5/1/15—4/30/16 Complete attestation directly on Healthyroads
Dental Exam	No	1 point max	5/1/15—4/30/16 Received from Premera data feed
Vision Exam	No	1 point max	5/1/15—4/30/16 Received from VSP data feed