

Healthy Vincent's Wellness Program



2020 Program Details

DePaul **HR**

All active full-time and part-time faculty and staff, as well as COBRA participants, enrolled in one of DePaul's medical plans (PPO, CDHP, HMOIL) are eligible to receive a \$300 incentive for earning 100 points through engaging in the activities below between January 1 and November 30, 2020. While earning points, you will learn a great deal about health and wellness and have plenty of opportunities to utilize your knowledge.

Complete the activities below, and earn valuable points. For additional information about the program eligibility and incentive, [click here](#). **Report your activities using this [online form](#) by November 30, 2020.**

100 Points = \$300 Incentive

| Maximum Point Value | Healthy Activities |
|---------------------|---|
| 20 | Complete an annual physical/preventive screening Complete an annual physical exam or preventive screening as recommended by your health care practitioner between November 1, 2019 and November 30, 2020. |
| 10 | Complete a dental oral exam and cleaning Complete a dental oral exam and cleaning between November 1, 2019 and November 30, 2020. |
| 35 | Complete the BCBS Well onTarget® health assessment Understand what your health risks may be. Complete your 2020 online health assessment by visiting the BCBS member portal, Blue Access for members (bcbsil.com). Log into your account and click on Well onTarget® under quick links to complete the assessment. |
| 10 | Attend a DePaul 403(b) financial planning session Financial wellness can play a big role in overall well-being. Schedule and attend a one-on-one financial planning session with either a Fidelity or TIAA representative. Click here to schedule |
| 15 | Attend DePaul's 2020 Virtual Health and Benefits Fair Attend the virtual health and benefits fair held between October 21 and November 6. Visit hr.depaul.edu for information on how to access the virtual fair. After attending the virtual fair, complete the survey to receive points for attending. |



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|---------------------|---|
| 15 | <p>Complete team challenge</p> <p>Maintain Don't Gain Challenge March 2 – March 29</p> |
| 45 | <p>Complete local activities</p> <p>Green Steps Walking Program (dates to be announced)</p> <p>Complete a Race or Sporting Event between November 1, 2019 and November 30, 2020.</p> <p>Complete a Tobacco Cessation Program, Interactive Wellness program through the BCBS Well onTarget® portal between November 1, 2019 and November 30, 2020.</p> <p>Log into your Blue Access for members account at bcbsil.com and click on Well onTarget® under quick links. Well onTarget® offers a selection of interactive programs to earn points in addition to earning wellness points for this wellness incentive. Please allow enough time to complete the program. Some take up to 6 weeks to complete.</p> <p>Maximum of 45 points (each activity is worth 15 points)</p> |
| 15 | <p>Log steps via Steps Log on member website</p> <p>You'll receive one (1) point for every 10,000 steps per day. You have an opportunity to earn a total of 15 points for logging steps during this campaign period.</p> <p>Log into your Blue Access for members account at bcbsil.com and click on Well onTarget® under quick links. Well onTarget® allows members to sync a device/app that tracks your steps.</p> |
| 45 | <p>Complete online workshops</p> <p>Workshops vary in length from one to 6 weeks, be sure you have enough time to complete the workshop(s) before the campaign ends (November 30, 2020).</p> <p>Log into your Blue Access for members account at bcbsil.com and click on Well onTarget® under quick links. Well onTarget® allows you to access Educational and Self-Management programs.</p> <p>Maximum of 45 points (each workshop is worth 15 points)</p> |



| Maximum Point Value | Healthy Activities |
|---------------------|--|
| 5 | Flash Challenge Brown Bag Flash Challenge February 10 - February 14 |
| 10 | Receive a flu shot Receive a flu shot anywhere between November 1, 2019 and November 30, 2020. |