

# DePaul's 2022 Wellness Program Point Schedule

Medical plan enrollees who earn 5,000 points by November 30, 2022, through the Wellness Program are eligible to receive a \$300 incentive credit toward 2023 medical plan premiums.

All points are to be logged in your WellRight account accessed through [mybluesky.depaul.edu](http://mybluesky.depaul.edu); your WellRight account also reflects the most up-to-date list of eligible activities.

<b>Baseline Activities – Earn up to 2,000 points</b>	
<b>Health Assessment</b> – Complete your online health assessment	500 Points
<b>Measure Up</b> – Complete your annual biometric screening	500 Points
<b>Say Aah</b> – Visit your doctor for an annual check-up	500 Points
<b>Piggy Bank</b> – Talk with a financial advisor	500 Points
<b>Annual Activities – Earn up to 3,530 points</b>	
<b>Prevent It</b> – Have a preventive screening	500 Points
<b>Open Wide</b> – Visit your dentist for a check-up	500 Points
<b>Protect You</b> – Get your flu shot	500 Points
<b>HealthyU</b> – Complete up to 10 online WellRight courses (20 points each)	200 Points
<b>Move It</b> – Track 10,000 steps (2 points per day, up to 300 days)	600 Points
<b>Reader's Dozen</b> – Read 13 books (20 points each)	260 Points
<b>Coffee Break</b> – Stay connected with your Co-Workers	150 Points
<b>Right Weigh</b> – Track your weight each month	220 Points
<b>Happy U</b> – Learn about mental wellness	100 Points
<b>Health Fair</b> – Attend the Annual Health & Benefits Fair at DePaul (TBD)	300 Points
<b>Nicotine Free</b> – Say no to nicotine	200 Points
<b>Financial Wellness – Earn up to 850 points</b>	
<b>Emergency Fund</b> – Create a bank account for emergencies	100 Points
<b>Estate Planning</b> – Create a will	100 Points
<b>Penny Counter</b> – Track what you spend	100 Points
<b>Frugal Diner</b> – Dine in	100 Points
<b>Brown Bag</b> – Pack your lunch every day	100 Points
<b>Credit Report</b> – Request your free credit report	100 Points
<b>Financial U</b> – Complete financial university courses	250 Points
<b>DePaul Wellness Challenges – Earn up to 600 points</b>	
<b>Local Activity</b> – Participate in up to 3 local activities	600 Points
<b>Quarterly Challenges – Earn up to 1,200 points</b>	
<b>Beat Sweets</b> – Avoid sweets (January-March 2022)	300 Points
<b>Good Deed</b> – 30 random acts of kindness (April-June 2022)	300 Points
<b>Up Beat</b> – 500 minutes of cardio exercise (July-September 2022)	300 Points
<b>Money Spent</b> – Create a budget (October-November 2022)	300 Points
<b>Personal Challenges – Earn up to 1,200 points</b>	
Pick from a list of challenges and earn 100 points each – up to 12 total personal challenges. (Examples: Bike 100 miles, Read 600 minutes, Be caffeine free for 30 days)	1,200 Points

DePaul's 2022 Wellness Program partner is WellRight. All active full-time and part-time, benefits-eligible faculty and staff enrolled in DePaul's medical plan (PPO, CDHP, HMOIL), as well as COBRA participants are eligible to earn a \$300 incentive credit toward their 2023 medical plan premiums if they register and complete activities by 11/30/2022 for the 2022 Wellness Program. This premium incentive is available to eligible faculty and staff who are enrolled in a DePaul medical plan as the primary subscriber.