



## Spring “WellBuck” Incentives

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| <b>*Register for the Incentive Program</b><br><a href="http://www.10000steps.org.au/">http://www.10000steps.org.au/</a>   | <b>\$1,000</b>                                      |
| <b>*Recruit a friend to join the incentive program</b>  | <b>\$1,000 for you!</b><br><b>\$1,000 for them!</b> |
| <b>*Complete Health Profiles through the American Heart Association</b><br>(Visit <a href="https://www.heartprofiler.nexcura.com/Secure/InterfaceSecure.asp?DB=1">https://www.heartprofiler.nexcura.com/Secure/InterfaceSecure.asp?DB=1</a> And register for your FREE health profile. There are many options and profiles to choose. You can receive WellBucks for each submission). All information is kept confidential. | <b>\$2,000/ profile</b>                             |
| <b>*Take the Living to 100 Life Expectancy Assessment</b><br><a href="http://www.livingto100.com">[http://www.livingto100.com]</a>  | <b>\$5,000</b>                                      |
| <b>*Take the Nutrition Quest Nutrition Screener</b><br><a href="http://www.nutritionquest.com/freetools/fv_screener.htm">http://www.nutritionquest.com/freetools/fv_screener.htm</a>  | <b>\$5,000</b>                                      |
| <b>Attend the March Well at Work Series; Nutrition Workshop</b><br><b>Thursday March 25<sup>th</sup>, 2010</b>  | <b>\$5,000</b>                                      |
- \*Don't forget to send an email to [lindenwell@lindenwood.edu](mailto:lindenwell@lindenwood.edu) to ensure Wellbucks are awarded.**