



LindenWell - Wellbuck Guidelines

LindenWell is free wellness program offered to all employed at the University. This includes staff, faculty, and adjuncts. This program creates different challenges within the holistic health approach to help influence the mind and body.

The LindenWell program offers wellbucks for a variety of different opportunities. Some of these opportunities include: LindenWell hosted events; including guest speakers from EAP, any LindenWell hosted wellness challenge, exercise classes attended, community service, and so on. Wellbucks are distributed throughout the academic year, and are located within Workday! Wellbucks amount vary depending on the challenge/event. They are distributed in increments of 1,000, 5,000, 10,000 and 20,000.

Wellbucks are fake “monies” that can be accumulated over the course of the academic year. You are able to redeem your wellbucks for different items in the wellness catalog, or you can save them up and use them at the end of the year banquet. You can use your wellbucks to redeem prizes/items in the catalog at *anytime* during the academic year in which they fall.

The wellbucks last from January of the New Year, and expire in December of that same year. For example – for the 2020-2021 academic year, wellbucks will begin in January 2021 and expire on December 20th 2021. All Wellbuck orders will need to be put in by December 20th in order to receive your wellness goodies.

See next page for ways to earn wellbucks! 😊

Opportunities to Earn Wellbucks

Wellness Activities	WellBucks Earned
Attend a LindenWell hosted speaker event. (EAP Speakers, Health Speakers, etc).	5,000-10,000.
Attend any exercise class offered by Evans Commons, the Athletics department, or an online hosted workout. (Ex: Yoga, Zumba, Power Hour, Spinning etc.)	5,000 per class attended Must email Whitley in order to receive wellbucks
Attend a session at a gym, Your own gym, or get wellbucks for your OWN routines!	1,000 to 5,000 per activity. Please email Whitley in order to receive wellbucks.
Participate in ANY LindenWell hosted wellness challenge.	Wellbuck totals vary from challenge to challenge. Be sure to look at the guidelines for the amount.
Enroll in the Student-Trainer Exercise Science program. (Contact Lori Crow to sign up).	30,000
Complete the Student-Trainer Exercise Science program.	60,000
Participate in Staff Intramurals	25,000
Volunteer in your community or for Lindenwood	20,000 for each volunteer opportunity. *You can also earn points for this on HC360.
Participate in a 5k, half-marathon, or marathon of sorts. Your choice!	50,000

If you have any questions or have suggestions, please contact
Whitley Huxhold at Whuxhold@Lindenwood.edu

After completion of exercise challenges and exercise classes, please email Whitley in order to receive your wellbucks in Workday.

Many opportunities will arise throughout the year when it comes to earning Wellbucks!
Be on the lookout for those from the LindenWell team via email. 😊