



LINDENWOOD UNIVERSITY LIFESTYLE REWARDS PROGRAM



WHO IS ELIGIBLE TO PARTICIPATE?

All employees are eligible to participate in the Lifestyle Rewards Program.



HOW DOES IT WORK?

Complete wellness activities from the eligible list and submit through myHealthCheck360. You will earn points for each activity you submit.



WHEN DO I SUBMIT MY ACTIVITIES?

Submit your activities completed between 02/01/2021 and 11/19/2021 to earn rewards. All activities must be submitted by the deadline to be eligible for rewards.



HOW MANY CREDITS DO I NEED TO EARN INCENTIVES?

Employees on the health plan who earn 750 points will be eligible to earn a discounted wellness premium rate. All employees have the opportunity to earn WellBucks.



DO I HAVE TO SUBMIT MY ACTIVITIES AS SOON AS THEY ARE COMPLETED?

Nope! As long as all of your activities are submitted online by the deadline, submit your activities when it is convenient for you.



WHEN WILL MY REWARDS BE APPROVED?

Once your rewards are submitted, they will be approved on a monthly basis.

ACTIVITY	POINTS PER ACTIVITY	MAXIMUM POINTS	VALIDATION
HEALTHY HABITS			
Biometric Screening	200	200	Approved Automatically - Points will be rewarded when your results are in the HC360 system.
Meet or Maintain Health Goal <i>Score 65+ or Improve by 5+ points</i>	400	400	Approved Automatically – HealthCheck360 will upload points to your account! No need to submit!
Complete Wellness Survey	10	10	Approved Automatically - Points will be rewarded when you complete your survey
Complete a Health Coaching call	10	10	Approved automatically - Points will be rewarded after successful completion of your call
View a HealthCheck360 Webinar	5	10	Honor system - Log into your myHealthCheck360 app and submit an activity to earn points
Complete LindenWell Challenge	25	150	Upload - Log into your myHealthCheck360 app and submit challenge to earn points. Points will be rewarded upon approval.
Achieve 6,000 steps per day	1	25	Approved automatically - Points will be awarded when you achieve the steps goal. Sync a device or track on your myHealthCheck360 account.
SOCIAL & EMOTIONAL HEALTH			
Volunteer / Participate in Community Event	25	25	Honor system - Log into your myHealthCheck360 app and submit an activity to earn points
EMPLOYEE ENGAGEMENT			
Write a Thank-You note to a coworker	5	10	Honor system - Log into your myHealthCheck360 app and submit an activity to earn points
ENGAGED BENEFITS			
Attend a Preventative Care Visit	25	50	Upload – Upload a document showing you completed your preventative care visit.
Utilize EAP Resources	5	10	Honor system - Log into your myHealthCheck360 app and submit an activity to earn points

HOW TO SUBMIT LIFESTYLE REWARDS ACTIVITIES

Once you are logged into your account, you can begin submitting for the completion of your activities. To submit for your activities:

ON YOUR MOBILE APP

- Select **More** at the bottom of your screen
- Select **Lifestyle Rewards**
 - Select **+ Add**
 - Select your activity from the drop down menu
 - Type a brief activity description, enter a date, and upload your document if required
- Select **+ Add** to submit your reward

ON YOUR COMPUTER

- Select **Lifestyle Rewards** on the left hand menu
 - Select **Submit Activity**
 - Select your activity from the drop down menu
 - Type a brief activity description, enter a date, and upload your document if required
- Click **Submit**

