

THE 2015 HEALTHY YOU PROGRAM

Put money in your pocket by taking advantage of our Healthy You program this year. You receive a **\$150 VISA gift card** for completing **three** healthy activities between now and June 30th. If your spouse is covered by our medical plan, he/she can receive an additional **\$50 VISA gift card** by completing the Health Questionnaire (HQ).

With this year's incentive program, you earn \$150 just by completing three healthy activities. Remember, too, that all benefit-eligible employees can participate (even if you're not covered by our medical plan). See the chart below for the activities that qualify.

<p>When you complete three of the following...</p> <ul style="list-style-type: none"> • Take the online* Health Questionnaire (you must be covered by our medical plan) • Get your biometrics done at the Active You Walking Challenge Celebration Event on June 4th • Participate in this year's Active You Walking Challenge • Watch an online* video (or two!) about healthy living; each video counts as one activity 	<p>You earn a \$150 VISA gift card</p>
<p>When your covered spouse completes the HQ...</p>	<p>He/she earns a \$50 VISA gift card</p>

Note: There are additional incentives you can receive by participating in the Active You Walking Challenge and/or the meQuilibrium program.

* These online activities are accessed through www.harvardpilgrim.org/wellesleycollege. Just click on "Learn about Year 5 of Healthy You" to get started.

For the online videos, input your name, Harvard Pilgrim ID number (if you are a member) and date of birth so that we can track your participation.

ALL ACTIVITIES MUST BE COMPLETED BETWEEN NOW AND JUNE 30TH TO EARN THE GIFT CARD(S).

Our Healthy You website:
www.wellesley.edu/hr/benefits/healthyyou

Wellesley College was a finalist in *Boston Business Journal's* 2015 Healthiest Employers Contest – due to our Healthy You program!

Take advantage of everything this program offers and earn \$150 (or more)!



More About Healthy You Activities

The Health Questionnaire (HQ)

To complete the HQ, you (and/or your spouse) must be covered by our medical plan. Just log onto www.harvardpilgrim.org/wellesleycollege, click on the HQ link and answer the questions online.

Remember that your answers don't affect your incentive, so do be truthful. Once Harvard Pilgrim sees that you've completed the HQ, it's logged as one of your three activities.



Biometric Screenings

This year, you may get your biometrics done at the Active You Walking Challenge Events:

- **Launch Event:** March 25th between 8:30 a.m. and noon, Alumnae Ballroom
- **Award and Celebration Event:** June 4th between 2:00 and 4:00 p.m., Alumnae Ballroom



Your biometrics count as another incentive activity.

The Active You Walking Challenge

This is our 2nd annual walking competition, and we want even more participants than last year's 500! We've also changed things, based on your feedback:

- This year's Walking Challenge will be an individual competition (although you can still create a team or group on your own).
- If you're a new participant, you receive a free Fitbit. We're hosting several Fitbit trainings and posting an online "how to" video as well.



- We're using the Fitbit technology to the fullest – with everything being captured on the Wellesley College group Fitbit site. (No more e-mailing and reporting!)
- You'll know who is walking and where you stand (via the group Fitbit site). Plus you can communicate and share ideas with other participants.
- Prize information is on our Active You page on the HR website.

Key Dates for the Walking Challenge

- Register at our Launch Events on **March 25th** (8:30 a.m. to noon, Alumnae Ballroom) or on **March 30th** (11 a.m. to 2 p.m., Library Lecture Room)
- Take advantage of campus-wide walks on **April 1st** and **May 6th**—meet at 12:30 in the Green Hall Quad
- Join the Award and Celebration Party on **June 4th!**

Additional Walking Challenge Incentive: You can win a \$25 VISA gift card by telling your walking story! We'll review each story and give out up to 20 gift cards.

See more about the challenge at: www.wellesley.edu/hr/benefits/healthyyou.

Online Videos

Harvard Pilgrim has posted three different videos that count toward the 2015 incentives on www.harvardpilgrim.org/wellesleycollege:

- Mindfulness
- Fitting Fitness In
- Super Market Sleuth



Each video you watch (up to two) counts for a Healthy You activity. Once you go to the site, click on the "Learn about Year 5 of Healthy You" link to view a video. Input your name, Harvard Pilgrim ID number (if you are a member) and date of birth.

Once you've watched a video, Harvard Pilgrim logs it as one of your incentive activities.

Frequently Asked Questions

Q. Am I eligible for this year's incentives if I'm not covered by a Wellesley College medical plan?

A. Yes. This year's eligible activities include some that don't require you to be covered by our medical plan. Although you (or your spouse) won't be able to complete the Health Questionnaire, you may still get your biometrics done, participate in the Active You Walking Challenge and watch an online video or two. Any three activities allow you to receive the \$150 VISA gift card.

Q. How will my incentive(s) be paid?

A. Harvard Pilgrim will issue your (and/or your spouse's) incentive through a VISA gift card, mailed to your home address about six to eight weeks after June 30th. Note that these will be new gift cards; any prior VISA cards you received through last year's incentive program will not be reloaded.

Q. Is my VISA gift card considered taxable income?

A. Yes. Harvard Pilgrim will send a file to the College with the amount of your gift card. Federal, state and Social Security income taxes may apply to your incentive amount.

meQuilibrium Incentive



The meQuilibrium program helps you learn about your stress levels, the factors that influence your reactions to stress and easy ways to cope with and reduce stress in your life. Wellesley College pays the cost of this program so that you can use it at any time and at no charge.

This year, meQuilibrium is offering a special incentive for Wellesley College employees who complete three activities by June 30th:

1. Establish a meQuilibrium account (by going to <https://www.mequilibrium.com/wellesley>)
2. Take the meQuilibrium stress assessment and
3. Complete the Boot Camp segment and earn a badge.

Additional meQuilibrium Incentive: You receive a \$25 VISA gift card by completing three activities with the meQuilibrium program.

See reverse for a helpful Incentive Checklist >>

Incentive Checklist

Use the checklist(s) below to track your own progress on earning incentives.

I'm covered by a Wellesley College medical plan...			
Available activities	I'm going for this	Completed	Earned
Take the HQ			\$150 VISA Gift Card (when I complete three of these activities)
Get my biometrics done			
Join the Walking Challenge			
Watch a Harvard Pilgrim video			
Watch a second Harvard Pilgrim video			
Submit a Walking Challenge story			\$25 VISA Gift Card (if my story is a winner)
Use meQuilibrium			\$25 VISA Gift Card (when I complete three meQuilibrium activities)
Have my spouse take the HQ			\$50
Total			\$

I'm NOT covered by a Wellesley College medical plan...			
Available activities	I'm going for this	Completed	Earned
Get my biometrics done			\$150 VISA Gift Card (when I complete three of these activities)
Join the Walking Challenge			
Watch a Harvard Pilgrim video			
Watch a second Harvard Pilgrim video			
Submit a Walking Challenge story			\$25 VISA Gift Card (if my story is a winner)
Use meQuilibrium			\$25 VISA Gift Card (when I complete three meQuilibrium activities)
Total			\$

These programs are confidential and will be conducted through our vendors (e.g., Harvard Pilgrim and meQuilibrium). Wellesley College does not have access to personal health information.

