



***Incentive Program
2017-2018***

Finding your path to wellbeing is finding the path to happiness in your life! Please join us and enjoy the rewards of fun, fitness and wellbeing ... and reap the rewards of health with a few incentives for yourself...

Visit [Totara | Wellness@Dickinson Incentive Program](#)
to view more details!

2017-2018 Wellness@Dickinson Incentive Program: Totara

For all who have started to complete the first two steps of the **Wellness@Dickinson Incentive Program (WIP)** for 2017-2018, and are wondering where to record their participation —we are offering *WIP tracking online* this year via **Totara**. To access and self-register for the 2017-2018 WIP, simply follow the steps below using your network username/password information:

1. Click on the Gateway site access link at the bottom of any [Dickinson webpage](#)
2. When prompted, enter your **network username and password**
3. Click the Totara icon on your Gateway homepage
4. Select “Find Learning” and then click “Courses”
5. From the Course listings, select **Wellness@Dickinson Incentive Program** to self-register!

<https://totara.dickinson.edu/course/view.php?id=34>

Don't delay! Get started now by completing your biometric screening and health risk assessment. Explore the new online program format now to discover the online/virtual program options and activities in addition to the traditional programs offered on campus.

Start now to complete the requirements toward your incentive reward options today!

2017-2018 Wellness@Dickinson Incentives



Grand Prize Options

All eligible meeting the Engaged level of HHIP.

1 winner selected with prize selection options below:

- ◆ \$500 Payroll Incentive
- ◆ Weekend Get Away: Allenberry Resort
- ◆ Hershey Day Spa Package
- ◆ 12-month YMCA Gym Membership
- ◆ 1 year (4 classes per month) Athena Warrior Fitness classes

New Participants

Criteria: New participant in the wellness program is defined as first time participant, or one who did not participate in 2016-2017.

Must complete Wellness@Dickinson Incentive Reporting Form online

and **one** of the following program options:

- ⇒ Biometric Screening
- ⇒ Health Risk Assessment
- ⇒ Annual Physical Exam with Primary Healthcare provider
- ⇒ Fitness program option (Individual or on-campus program)

Upon Completion of these 2 requirements, select one incentive reward below:

- ◆ Dickinson Water Bottle
- ◆ Dickinson T-shirt
- ◆ Dickinson Cap

2017-2018 Wellness@Dickinson Incentives

Engaged Participants

Criteria: Participants must complete the *Wellness@Dickinson Healthy Rewards Reporting Form* online, *Biometric Screening* and *Health Risk Assessment*, along with five other activities from each of the five core Wellness areas to receive one of the incentive rewards shown below:

- ◆ \$25 Payroll Incentive
- ◆ Bowling night (2 games w/shoes)
- ◆ Movie Theater night (4 movie tickets)
- ◆ Stability/Balance Ball (Desk Size)

Energized Participants

Criteria: Participants must qualify at the Engaged level, and continue to participate in all five areas of wellness, for a total of 12 or more programs completed overall. A drawing will be held for individuals who reach this level to receive one of the incentive rewards shown below:

- ◆ \$100 Payroll Incentive
- ◆ FitBit Flex or Fit Bit One
- ◆ Two Hershey Park Tickets
- ◆ Athena Warrior Fitness Introductory Pack
(4 private training sessions)

Elite Participants

Criteria: Participants must qualify at the Engaged level, and continue to participate in all five areas of wellness, for a total of 15 programs overall. A drawing will be held for individuals who reach this level to receive one of the incentive rewards shown below:

- ◆ \$150 Payroll Incentive
- ◆ FitBit Charge or Fit Bit Charge HR
- ◆ Allenberry Dinner Theater Package for 2
- ◆ Four Hershey Park Tickets