



2018-2019 Wellness@Dickinson Incentive Program Details

Each year we offer the **Wellness@Dickinson** Incentive Program to encourage healthy behaviors and habits, while incorporating some fun challenges to enhance participation. For *2018-2019*, we offer a three-step incentive design to reward employee participation:

#1 Complete your biometric screening ~ OR ~ Visit your healthcare provider for your annual Wellness Visit. A custom *Wellness@Dickinson Water Bottle* will be awarded upon completion of the biometric screening or annual well-visit.

#2 Complete your online Health Risk Assessment (HRA): Congratulations – *You have reached the Engaged Level* by completing both biometric screening | annual well-visit and HRA. Wellness@Dickinson *cap or t-shirt* (participant choice) to be awarded when both step #1 and step #2 are completed.

#3 Continue to participate with at least one or more activities completed in each of the five core areas of wellness to achieve the *Energized* (10 total activities)/*Elite* (15 total activities) levels. Participants who achieve these levels will be included in a random drawing for an award of \$75 for Energized and \$100 for Elite participation. These award winners will be announced at the end of the wellness program year.

All Engaged-level participants and above will be included in the ***Grand Prize Drawing*** at the end of the wellness program year. Watch for an announcement of the wellness celebration event's date and time during the 2019 spring semester.

Register online via [Totara](#) and follow these simple steps to receive your award as you follow the path to ***Wellness@Dickinson!***