



2018 Wellness Incentive

Select five activities to be your focus!

September 25–December 21

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Take the *Focus Five* challenge!

Focus Five is our wellness incentive program dedicated to creating healthy habits. We invite you to focus on educating, equipping and becoming engaged in wellness. Grow your own experience and intentionally practice healthy behaviors.

1 To begin, select five activities you want to complete from the list in this booklet.

2 Upon completion of all five wellness activities fill out and submit the web form via www.uvm.edu/hrs/wellness. Indicate date and location as appropriate. If you prefer to turn in this paper tracker, you may deliver it to human resources at Waterman 228 or wellness@uvm.edu.

3 **Receive a \$35 gift card or wellness tracker.** The first 555 participants will receive a gift card from Amazon® or local vendors upon completion of the *Focus Five* challenge. (In order to qualify for this incentive, you must complete the **Annual Health Assessment***.)

If we reach our goal of 555 participants, we will have a grand prize raffle. Prizes include, Apple Watches®, Fitbit Versas®, electric massage chairs and more! Winners announced December 31.

ALL SUBMISSIONS MUST BE TURNED IN BY DECEMBER 21.

I certify that I completed all of the following activities:

#	activity	date	location (if applicable)
1			
2			
3			
4			
5			

- Only paid UVM employees are eligible to receive this incentive.
- Once claimed, incentive will be included as taxable income and normal payroll deductions will apply.
- Prizes will be announced weekly.

** Please note that this is required in order to receive gift card.*

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Educate

Complete your annual health assessment

(In order to qualify for a prize, the Annual Health Assessment must be one of your Focus Five activities)

- Attend a UVM employee wellness lunch and learn
- Meet with a BCBSVT case manager to discuss BCBSVT special programs
- Consult with a financial advisor
- Attend a **myhealthylv** workshop
- Participate in a tobacco cessation program
- Obtain a new professional certification or degree
- Attend a nutritional education training
- Attend a class through professional training and development

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Equip

- Have your annual physical
- Have two annual dental cleanings
- Attend a community support group meeting
- Complete and register an advanced directive

- Attend a consultation/ appointment with a registered/licensed dietician
- Download and set-up Amwell app, telephone doctor service, on your smart phone
- Track food and exercise for a full two weeks using an app
- Meet with an Invest EAP representative
- Meet with an advisor through continuing education at UVM
- Have an ergonomic assessment completed
- Take a tour with campus rec
- Tour a local gym of your choice

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Engage

- Volunteer for four hours in the community
- Participate in a community walk/run event
- Participate in two walking meetings a month
- Switch water for coffee or soda for two weeks
- Go to the gym twice a week for a month
- Attend one group fitness class every week for a month

- Attend two personal or group training sessions
- Get a massage or chiropractic adjustment
- Attend two yoga or stretching sessions, two times a week for a month
- Go "tech-free" for two hours a day for two weeks
- Utilize the Epic Stretch online program, two times a week for a month
- Ride your bike to work twice a week for two weeks
- Participate with/start a walking group that meets once a week, walking for 30 minutes
- Track your blood pressure three times a week for two weeks
- Attend a Flynn or Lane Series performance
- Attend a religious meeting or ceremony
- Practice mindfulness two times per week for two weeks
- Join a sport league, club or tournament
- Attend a FREE Campus Rec equipment orientation with a personal trainer
- Donate blood

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