

BRENAU WELLNESS PROGRAM



Brenau's Wellness Program, funded by Cigna, is designed to support healthy behavior in the workplace and to improve health outcomes. Our program includes activities during the year which relate to being "healthy," whether it be physical, mental, financial, community, or emotional health. **Employees receive points for each activity or program in which they participate.** Those points are added to the **Activity Tracker**, maintained by HR, and are used to determine recipients for special prizes. At the end of the calendar year, names will be drawn from those who have accumulated Activity Tracker points; the more points you accumulate, the greater chance you have of winning a **cash prize**. Employees can check how many points they have by following this path: ADP > Resources > Company Information > Forms Library > Wellness Participation Activity Tracker. The list below is a general outline of the year's activities and events. Brenau has the right to add or remove an activity or event at any time.

Spring 2018 Event or Activity	Date	Points Awarded
Brenau Fitness Center (* each occurrence)	January-December	1*
Weight Loss Challenge	January-March	3
Blood Drive Battle	February 7	1
Kickin' It for Babies: March of Dimes Kickball	February 17	3
Self Defense Class	February 13	2
Heart Smart Dining Day	February 23	1
Dempsey Dash 5K	March 10	5
Walking Group (* each occurrence)	April-December	1*
Adulting 101 Workshop: Budgeting, Loan Repayment, etc.	April 19	1
Scavenger Hunt- "Who Dunnit, Clue Game"	April 26	2
Adulting 102 Workshop: Personal Finance, Investing, etc.	May 3	1
No Tobacco Day	May 24	1
Fall 2018 Event or Activity	Date	Points Awarded
Blood Donation	September 10	1
Flu Shots	September 11-14	1
Spirit Week: Tiger Territory Tennis Match	September 25	3
Spirit Week/Homecoming: Softball Game	September 28	3
Kickin' Cancer Kickball	October 6	5
Jail or Bail for Breast Cancer & Domestic Violence Awareness	October 9	1
Heart Walk	October 13	5
HealthSmart Expo	October 17	1
Ghost Walk	October 30	1
Field Day/Ropes Course	November 17	10
Health Fair/Benefits Expo	November	1
Financial Health Workshop	November	1