

# BRENAU WELLNESS PROGRAM

Brenau's Wellness Program, funded by Cigna, is designed to support healthy behavior and to improve health outcomes. The program includes activities during the year which relate to being "healthy," whether it be physical, mental, financial, social, or emotional health. **Employees receive points and/or cash rewards for activities in which they participate.** HR adds Points to the **Activity Tracker**. At the end of the calendar year, names will be drawn from those who have accumulated Activity points; the more points you accumulate, the greater chance you have of winning **prizes**.

Program Category	2019 Event or Activity	Date	Points	Cigna Reward (\$200 Max)
Personal Health Analysis	Health Assessment— Cigna*	Jan 1-Jun 30	1 pt	\$50.00*
Wellness Screenings	Biometric Health Screening— Cigna*	Jan 1-Dec 31	1 pt	\$25.00*
Preventative Care	Complete Annual Physical	Jan 1- Dec 31	10 pt	\$100.00*
Preventative Care	Screenings: Colon, Cervical, Prostate, Mammogram	Jan 1-Dec 31	1 pt	\$25.00*
Preventative Care	Get a Flu Shot	Jan 1-Dec 31	1 pt	\$25.00*
Social Wellness	Get Connected with Apps & Activities—Cigna*	Jan 1-Dec 31	1 pt	\$75.00*
Health Coaching by Phone	Achieve a Personal Health Goal—Cigna*	Jan 1-Dec 31	1 pt	\$50.00*
Online Coaching	Exercise for Better Health—Cigna*	Jan 1-Dec 31	1 pt	\$10.00*
Online Coaching	Improve Your Nutrition—Cigna*	Jan 1-Dec 31	1 pt	\$10.00*
Online Coaching	Maintain a Positive Mood—Cigna*	Jan 1-Dec 31	1 pt	\$10.00*
Preventative Care	Fitness Center/Gym/Yoga/(each time)	Jan 1-Dec 31	1 pt	-----
Preventative Care	Weight Loss Challenge	Jan-Mar	3 pt	-----
Social Wellness	Food Bank Volunteer	Feb 15	1 pt	-----
Preventative Care	Blood Donation	Feb/Sept	1 pt	-----
Preventative Care	Heart Smart Dining Day/Lunch and Learn	Feb 22	1pt	-----
Social/Physical Wellness	Dempsey Dash 5K (or other race)	Mar 9	5 pt	-----
Social Wellness	National Nutrition Month: Eggs in the Garden	Mar 27	1 pt	-----
Social/Physical Wellness	Kickball Game	Apr 27/ Oct	5 pt	-----
Social/Physical Wellness	Walking Group (each time)	Apr-Dec	1 pt	-----
Preventative Care	World Health Week	Apr 15-26	5 pt	-----
Social/Physical Wellness	Scavenger Hunt	May 7	2 pt	-----
Preventative Care	Safety & Wellness Day	June 12	1 pt	-----
Social/Physical Wellness	Ping Pong Tournament	August	2 pt	-----
Social Wellness	Movie Night —(Spirit Week)	Sep 30	1 pt.	-----
Social Wellness	Trivia Game (Spirit Week)	Oct 1	2 pt	-----
Social/Physical Wellness	Around the World Basketball (Spirit Week)	Oct 2	5 pt	-----
Social Wellness	Screen Printing Projects (Spirit Week)	Oct 3	1 pt	-----
Social/Physical Wellness	Softball Game (Spirit Week)	Oct 4	5 pt	-----
Social/Physical Wellness	Ghost Walk/Agnes Tour	Oct	1 pt	-----
Social/Physical Wellness	Field Day	Nov	10 pt	-----
Preventative Care	Health Fair/Benefits Expo	Nov	1 pt	-----

Employees can check their Activity Points on ADP under Forms Library. The list above is a general outline of the year's activities. **\* Signifies that the employee must be a Brenau Cigna Member to collect Cigna Rewards.** All other activities listed can be awarded regardless of health insurance coverage. Employees can go to [www.mycigna.com](http://www.mycigna.com) to redeem gift cards.