

BRENAU WELLNESS PROGRAM



Brenau’s Wellness Program, funded by Cigna, is designed to support healthy behavior in the workplace 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 each activity in which they participate.** Points are added to the **Activity Tracker**, maintained by HR. 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 **cash prizes**.

Program Category	2019 Event or Activity	Date	Points	Cigna Reward (once) \$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/Fitness Training (each time)	Jan 1-Dec 31	1 pt	-----
Preventative Care	Weight Loss Challenge	Jan-Mar	3 pt	-----
Preventative Care	Blood Donation	Feb/Sept	1 pt	-----
Preventative Care	Heart Smart Dining Days	Feb 27	1pt	-----
Social Wellness	Kickball Game	Feb/ Oct	3 pt	-----
Preventative Care	No Tobacco Day	May	1 pt	-----
Social Wellness	Dempsey Dash 5K (or other race)	Mar 9	5 pt	-----
Social Wellness	Walking Group (each time)	Apr-Dec	1 pt	-----
Social Wellness	Scavenger Hunt	Apr	2 pt	-----
Financial Wellness	Retirement Workshop	Apr	1 pt	-----
Social Wellness	Tiger Territory Tennis Match	Sept	3 pt	-----
Social Wellness	Homecoming: Softball Game	Sept	3 pt	-----
Social Wellness	Heart Walk	Oct	5 pt	-----
Preventative Care	HealthSmart Expo	Oct	1 pt	-----
Social Wellness	Ghost Walk	Octt	1 pt	-----
Social Wellness	Field Day	Nov	10 pt	-----
Preventative Care	Health Fair/Benefits Expo	Nov	1 pt	-----

Employees can check their Activity Points by following this path: ADP > Resources > Company Information > Forms Library > Wellness Participation Activity Tracker. The list above is a general outline of the year’s activities. Brenau has the right to add or remove an activity at any time. *** Signifies that the employee must be a Brenau Cigna Member to collect Cigna Rewards. Maximum award is \$200 per employee, per year. All other activities listed can be awarded regardless of health insurance coverage.** Employees can go to www.mycigna.com to redeem gift cards.