THE UNIVERSITY OF SCRANTON
A JESUIT UNIVERSITY

CENTER FOR HEALTH EDUCATION AND WELLNESS

The University of Scranton Employee Wellness Program 2018 Incentive Form

FULL TIME FACULTY AND STAFF ARE ELIGIBLE TO COMPLETE THREE WELLNESS INCENTIVES BY 12/31/18 TO EARN UP TO $150. PART TIME STAFF WHO ARE HALF TIME OR MORE ARE ALSO ELIGIBLE.

INCENTIVE 1: COMPLETE THE WELLNESS PROFILE TO EARN $50

Complete the wellness profile on the website: scranton.edu/employeewellness for the latest link. Send proof of completion along with your first and last name and Royal ID # to chew@scranton.edu to get your $50 incentive.

INCENTIVE 2: COMPLETE THE PREVENTIVE HEALTH CARE ACTIVITIES TO EARN $50

Certify you have completed the preventive care activities totaling 150 points below. Submit this form with your Royal ID # to CHEW, 205K the DeNaples Center to receive your $50 incentive

PREVENTIVE ACTIVITY	POINT VALUE	POINTS EARNED
Visit with Primary Care Physician this year.	100	
Visit with Dentist this year.	25	
Visit with Eye Doctor this year.	25	
Mammogram (starting at age 40 for women)	25	
Ob/gyn exam	25	
I had a Colonoscopy within the last 9 years. (starting at age 50 for all, every 10 years)	25	
Telephone visit with SwiftMD	25	
I had a Flu Shot within the last year.	25	
I am tobacco free.	25	
Total Points Earned		

I certify that the above preventive activities were completed as indicated and I qualify for Incentive 2.

_____ _____ _____

Print Name Signature Date

INCENTIVE 3: COMPLETE WELLNESS PARTICIPATION TO EARN $50

Earn 150 points through a combination of on and off campus wellness activities to complete Incentive 3. Submit this form with your Royal ID # to CHEW, 205K the DeNaples Center to receive your $50 incentive.

WELLNESS ACTIVITY	POINT VALUE	POINTS EARNED	DATE(S)
Wellness Day for Faculty & Staff	Up to 60 points		
CHEW Fitness Challenge	80 points		
Weight Watchers on or off campus	80 points		
Craving to Quit/Smoking Cessation	80 points		
CHEW Wellness Activities	10 points each		
Weigh-In Wednesdays	10 points each		
Mindfulness Meditation	10 points each		
Gentle, Hatha and Energizing Yoga	10 points each		
Cooking or Nutrition workshops	10 points each		
Light Weights & Abs	10 points each		
IT Professional Development Workshops	10 points		
Safe Zone Training: LGBTQ	30 Points		
Physical Activity on or off campus: walking, gardening, running, swimming, workouts, etc. (Attach list to this sheet)	40 hrs=160 points		
Other please list:			
Total Points Earned			

I certify that the above programs were completed as indicated and I qualify for incentive 3.

_____ _____ _____

Print Name Signature Date

To receive your incentive submit your completed Incentive Form to:
The Center for Health Education & Wellness (CHEW)
205K the DeNaples Center,
For more information email: chew@scranton.edu or call 941-4253