WELLNESS PROGRAM
2016
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Overview of Wellness Program

To qualify for the wellness discount on your 2017 medical premium, complete the following Wellness Program requirements by October 10, 2016.

1. Complete the Health Assessment – this program is provided by Aetna and available on Aetna.com

2. Complete one Journey that is part of an online health program – this program is provided by Aetna and is available on Aetna.com

3. Participate in the MBS - health screening provided by WellSpan on campus this fall.
Employees without medical coverage through Gettysburg College are encouraged to participate in all wellness activities.

1. Non-members can participate in on-campus sponsored wellness programs.

2. Non-members can attend various wellness workshops offered on campus.

3. Non-members can participate in the MBS health screening provided by WellSpan.
Health Screening

• MBS Health Screening Provided by WellSpan

• At beginning of the Fall semester, you will receive information regarding registration. You will register as in the past through CNAV, My MBS.

• Screenings will take place on these dates:
  Friday, September 23, 2016
  Wednesday, September 28, 2016
  Thursday, September 29, 2016

• Registration will open in late August 2016.
Health Assessment

Learn about your health risks

Three steps to take your health assessment

1. Log in to your secure member website at **www.aetna.com**. New to the site? Just click “Register.”

2. Scroll over “Health Records.”

3. Choose the “Take a health assessment” link — and go!

You can easily finish in one sitting. But you can always come back later. Answers are saved.
Complete Health Assessment and One Journey and receive $50 Incentive

Browse All Options

- Be Tobacco Free
- Blood Pressure in Check
- Diabetes Life: Type 2
- Eat Healthier
- Get Active
- Health in a Hurry
- Healthy Back
- Heart/Healthy Cholesterol
- Live Well with Asthma
- Sleep Well
- Stress Less
- Weigh Less

Incentive Reward Programs

Program: Wellness Package Incentive
Who's Eligible: Employee/Spouse/Partner
Program Start Date: January 01, 2015
Program End Date: December 31, 2015
Family Limit: $100.00
Individual Limit: $50.00

<table>
<thead>
<tr>
<th>Incentive Activity</th>
<th>Reward</th>
<th>Earned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete/Update both Health Assessment and any Online Wellness Program</td>
<td>$50.00</td>
<td>$50.00</td>
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</table>

Must be completed:
- Complete An Online Program
- Completed New or Updated Health Assessment

Total Incentive Dollars

$50.00*

*Please note: Rewards are limited for individuals and families. You may continue to complete activities after the individual or family limit is met, but you will not earn any more rewards.
Wellness Challenges

Walk the Wonders

This adventure starts July 20th and runs through October 9th, 2016

Stay tuned for more information in late spring
Program Activities

- Spring into Fitness
- April 11th two TIAA Financial Workshops
- 4 Wellness Seminars on various topics
- Webinars
- Walking Parties
- Walk the Wonders

- Fitness Classes offered at 7am, noon and 5pm.
- Monthly Fitness Drawings
- Access to a Personal Trainer
Thank you for joining us

Questions?

Suggestions for the wellness program?