

2019

“Be Your Best Self” Wellness Innovation Rewards Program Q & A

How does the Wellness Innovation Rewards Program work?

Any WPH employee who completes specific wellness programs will be financially rewarded for their wellness efforts. Employees may receive one (1) reward in one or all of the available categories provided they are submitted before the end of November.

How can I qualify for a Wellness Reward?

Complete any of the required criteria in any of the core Wellness Programs listed below and you qualify.

- Physical - Health Clubs, WPH Exercise Classes, Wellness Walks, Community Events, Team Sports
- Nutrition - Nutrition Programs, Healthy Choice
- Education - WPH Health & Wellness Seminars
- Prevention - Screening Programs

If I completed a preventative screening program in calendar year 2019, will I still be eligible to receive a Wellness Reward?

Any qualifying screening program (e.g. Bp, mammography, PSA, Colorectal, Lung, PAP) that you completed in 2019 can be submitted for a reward. To process your reward, you must submit the complete Wellness Innovation Rewards Request Form and a signed Wellness Innovation Preventative Screening Form (do not submit BP Screening Cards).

How do I submit for a Wellness Reward?

Go to the WPH intranet, click on the “Wellness Connection” link, then click on “Wellness Rewards.” Determine which forms you need and follow the directions to submit for a reward.

Do all the Core Wellness Programs need documentation to receive a Wellness Reward?

Not all core Wellness Programs require documentation to receive a reward. When you attend an eligible core Wellness Program and you sign in, your signature will verify that you participated. For example:

- **Documentation required:** Health Club visits, Preventative Screening Services (do not submit Blood Pressure Screening Cards), Healthy Choice card, Nutrition Based Weight Loss Programs outside the hospital, Community Events Participation
- **Documentation not required:** WPH Exercise Classes, Wellness Walks, Wellness Program Seminars, Weight Watchers At Work Program, Wellness Program Monthly Blood Pressure Screenings, Team Sports Participation

When will I receive my Wellness Reward?

The deadline to earn and submit rewards will be November 30th, 2019. If your request for a reward is submitted prior to that deadline, you will receive your Wellness Reward in your a paycheck before the end of the year.



E=MC²

You have the Energy to be Exceptional!
Exceptional = (Move More)x(Commitment to Change)

