



# Wellness Innovation Rewards Program



## WHAT

This new Wellness Innovation Rewards Program is offered to you as part of your employee benefits.

Any WPH benefit eligible employee who completes specific wellness programs will be financially rewarded for their wellness efforts. Employees may receive one (1) award per calendar year in one or all of the available categories.

## WHY

Achieving these wellness benchmarks through small, simple changes each day can help you achieve powerful results to create a more positive lifestyle.

PHYSICAL ACTIVITY		
CATEGORY	CRITERIA	AWARD
Health Club	Complete fifty (50) visits at any health club in any 6-month period	\$100
Exercise Classes	Complete twenty four (24) WPH Virtual Exercise Classes in a year	\$50
Wellness Walks	Participate in twenty four (24) scheduled WPH Wellness Walks in a year	\$25
Community Events	Participate in two (2) Community walks/run events in a year (e.g. 5K)	\$25
Team Sports	Participate in any WPH Recreation program (e.g. Softball, Bowling, Basketball, etc.)	\$25

NUTRITION		
CATEGORY	CRITERIA	AWARD
Nutrition Program	Attend 85% of the meetings for any Nutrition based Weight Loss Program	\$75
Healthy Choice	Fill fifteen (15) Healthy Choice Cards in any 6-month period	\$50

PREVENTION		
CATEGORY	CRITERIA	AWARD
Screening Programs	Participate in two (2) different preventative screening programs in a year	\$100

EDUCATION AND AWARENESS		
CATEGORY	CRITERIA	AWARD
Seminars	Attend four (4) seminars in a year	\$25



## HOW

1. Go to the WPH intranet and click on “Wellness Connection”
2. Go to “Wellness Rewards”
3. Fill out the Wellness Innovation Reward Request Form
4. Scan a copy of the required documentation
5. e-mail completed Request Form and documentation to [flocastro1@wphospital.org](mailto:flocastro1@wphospital.org)

**Please Note:** The deadline to earn and submit rewards will be November 30th, 2019. All rewards will be deposited as a “Wellness” credit in your paycheck. All payroll credited Wellness Rewards are considered taxable income and will be reported on your 2019 White Plains Hospital W-2.

Any Questions?

Contact Frank J. LoCastro at [flocastro1@wphospital.org](mailto:flocastro1@wphospital.org) or at extension 2539

