

WELLNESS INNOVATION REWARD REQUEST FORM

Any WPH employee who participates in any of the core programs listed below will be financially rewarded once they complete the outlined criteria in any of the health and wellness areas listed below. Employees may receive one (1) reward in one or all of the available categories.

In order to receive a Wellness Innovation Reward, all defined criteria must be met and all required supporting documentation must be submitted (as indicated below) and approved.

The deadline to earn and submit rewards will be November 30th, 2019. All reward payouts will be made by the end of the year.

Name		e-mail:	
Department		ID Number:	

Reward Category (please check all areas where you are applying for an award)

Criteria for Award (please check all that apply)	
Core Area	Criteria Needed for Reward
Physical Fitness	
<input type="checkbox"/> Health Clubs	Complete fifty (50) visits at any Health Club (documentation)
<input type="checkbox"/> Exercise Classes	Complete twenty four (24) WPH Virtual Exercise Classes
<input type="checkbox"/> Wellness Walks	Participate in twenty four (24) scheduled WPH Wellness Walks
<input type="checkbox"/> Community Events	Participate in two (2) Community Walk/Run Events (documentation)
<input type="checkbox"/> Team Sports	Participate in any WPH Recreation Program (e.g. Softball, Bowling, etc.)
Nutrition	
<input type="checkbox"/> Nutrition Program	Attend 85% of the meetings for any Nutrition based weight loss program (submit documentation if program outside hospital)
<input type="checkbox"/> Healthy Choice	Fill fifteen (15) Healthy Choice Cards (documentation)
Education and Awareness	
<input type="checkbox"/> Seminars	Attend four (4) Health and Wellness seminars
Prevention	
<input type="checkbox"/> Screening Programs	Participate in two (2) Different Preventative Screening Programs (documentation)

Process to claim an award

- Completely fill out this form
- Scan a copy of this completed Request Form and required documentation (see Wellness Innovation Rewards Program Q&A for details of what should be submitted with this form) and e-mail to flocastro1@wphospital.org or fax to (914) 681-2910



Please Note: All rewards will be deposited as a “Wellness” credit in your paycheck. All payroll credited Wellness Innovation Rewards are considered taxable income and will be reported on your 2019 White Plains Hospital W-2.