

The 2011-2012 Messiah College Employee Wellness Program Completion Form

To qualify for the incentive reward, employees must collect some points from *each category*, and must accumulate a total of 100 points by June 15, 2012.

(Campus mail to Doug Miller, Box 4501, or email, to dmiller@messiah.edu at the completion of 100 points)

CATEGORY 1

Better Health Works Personal Profile Assessment (40 pts)

Completion Date: _____ pts

CATEGORY 2

Empower Program (30 pts)

Completion Date: _____ pts

Physical Activity Tracking Program (30 pts)

Completion Date: _____ pts

10 week community-based weight management program (30 pts)

Program Name: _____ Completion Date: _____ pts

CBC Online Digital Coaching Program (20 pts)

Program Name: _____ Completion Date: _____ pts

On-campus/community exercise class- minimum of once a week for 6 weeks (20 pts)

Exercise class: _____ Completion Date: _____ pts

Local walk/run/swim event (10 pts)

Event Name: _____ Completion Date: _____ pts

CATEGORY 3

Preventive Health Screening and/or Exam (20 pts)

Completion Date: _____ pts

CATEGORY 4

On-Campus Wellness Workshops (10 pts)

Topic: _____ Completion Date: _____ pts

Topic: _____ Completion Date: _____ pts

Topic: _____ Completion Date: _____ pts

Hershey Mini-Medical School Webcasts (10 pts)

Topic: _____ Completion Date: _____ pts

Topic: _____ Completion Date: _____ pts

First aid or CPR certification/recertification (10 pts)

Completion Date: _____ pts

Donated blood (10 pts)

Completion Date: _____ pts

Participation throughout the year in a fellowship-oriented small-group (10 pts) _____ pts

(signature) (print) (date) Total Points: _____ pts