

1,000 TOTAL POINTS TO QUALIFY

POINT EARNING ACTIVITIES

Preventive Health:

- Annual Wellness Management
Annual Physical, Personal Care Management
200 points each
- Preventive Screenings:
Mammogram, PSA, Pap Test/Pelvic Exam, Colonoscopy, Skin Cancer Screening, Bone Density Exam, Dental Exam(s), Eye Exam, Flu Shot, Age Appropriate Vaccination(s)
50 points each
- Health Assessment
50 points
- Complete a Primary Care Physician (PCP) Form
50 points
- Preventive Vaccinations
Tetanus, MMR, Shingle, Pneumonia, Hepatitis B, HPV, Flu, Meningococcal
50 points

On Campus:

- Weekly Meditation
5 points per week
- Weekly Yoga
5 points per week
- Weekly Walking
5 points per week
- Daily Exercise at EWC
5 points per day
- Healthy Seminars
10 points (100 max)
- Wellness Webinars
25 points each (500 max)
- Special Events
25 points (150 max)

Daily Habits:

- Track Movement for 20 days*
Track 7,000 steps AND/OR 15 active minutes AND/OR 15 workout minutes for 20 days
80 points per month
Track 10,000 steps AND/OR 30 active minutes AND/OR 30 workout minutes
20 additional points per month

- Track calories 10 days per month*
10 points per month
- Track calories for 20 days in a month*
10 points per month
- Connect calorie tracker
25 points
- Track Sleep* 10 days in a month
10 points per month
- Track Sleep* 20 days in a month
10 points per month
- Daily Wellness Habits
Daily Meditation, Farmer's Market
1 point per day per habit

Wellness Challenges:

- Join Company Challenge
25 points
- Create a Personal Challenge
10 points per month
- Join a Personal Challenge
10 points per month
- Win Promoted Healthy Habit Challenge
25 points per month

Wellness Activities:

- Health Coaching Session
25 points (200 max)
- Social Engagement
Race/event or Season of Recreational Sports, or Volunteerism
25 points (200 max)
- Online Journeys
25 points (100 max, 3 per quarter)
- Professional Health Services
Counseling session, Nutrition visit, Physical Therapy visit, Chiropractor visit, Massage, Personal Training session
25 points each (500 max)
- Connect First Activity Device
25 points
- Teladoc Registration
25 points
- Set Your Interests
25 points
- Set a Wellbeing Goal
25 points
- Add a Profile Picture
25 points

*Please note: you must connect a device to the portal to receive these points via automatic syncing.

For questions contact: wcs.support@virginpulse.com

New hires after April 2021, receive 80 points per month of the incentive program missed.

If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact our support team at 855.913.0578 or wcs.support@virginpulse.com and we will work with you to find a reasonable alternative.

For more information on medical disclosures and to review the EEOC Notice specific to this program please visit the Benefits page of the HPU Employee Wellness Portal.

Incentive will be applied during the 2022 benefits year (June 1, 2022 – May 31, 2023)

HIGH POINT UNIVERSITY
Employee Wellness