



HIGH POINT UNIVERSITY

THE PREMIER LIFE SKILLS UNIVERSITY

Employee Wellness



2025-2026 INCENTIVE PROGRAM DATES: MARCH 1, 2025 - FEBRUARY 28, 2026

Employees on the HPU Medical Plan: Complete activities and earn **10,000 points** by 2/28/26 and you will earn a reduction on your health insurance in 2026.

FITNESS POINTS

Steps Taken	1pt/1000 steps
Calories Burned	1pt/100 calories
Manually Logged Workouts	1pt/5 min/workout
Device Minutes Logged	1pt/5 min/workout
Monthly Goals Set	10pts/month

WELLNESS POINTS

Articles Read	10pts/article
Quizzes Passed	15pts/quiz
Fitness Videos Watched	10pts/video
Recipe Videos Watched	15pts/video
Woliba On-Demand Events	50pts/video
Daily Tips Read	5pts/day
Surveys Taken	points vary
Wellness Quiz	points vary

SOCIAL POINTS

New Buddies Added	2pts/buddy
Social Feed Posts	2pts/photo posted
Recognition Posts Received	points vary
Challenges Attended	points vary
Events Attended	points vary
Birthday	points vary
Anniversary	points vary
Profile Picture Added	25 points
Connect Fitness Device	25 points

HEALTH ASSESSMENT POINTS

HRA Complete	500 points
Biometric Screening Submitted	500 points
Wellness Adventure Started	100pts/1st reading

RECOMMENDED HEALTH INITIATIVES

Eye Check-up	350pts
Flu Shot	350pts
Mammogram	350pts
Covid Vaccine	350pts
Shingles Vaccine	350pts
Financial Planning	250pts/month
Dental Cleaning	350pts/6 months

Colonoscopy	350pts
Cervical Exam	350pts
Nutrition Coaching	250pts/month
Mental Health Session	250pts/month
Health Coaching Session	250pts/month
Fitness Coaching	250pts/month
Volunteer Event	250pts/month

****Disclaimer: More initiatives will be added soon****

Alternative Activity Disclosure: If you think you might be unable to meet a standard for an initiative under this wellness program, you might qualify for an opportunity to earn the same initiative by different means. Contact Kailey Cox at kcox2@highpoint.edu or (336) 841-9066 to find a reasonable alternative.