



2018 Wellness Program

Your all-new Wellness program helps encourage you to make the healthy choice, every day.
Visit your Wellness website to get started today!

This year you can earn up to \$450 in wellness dollars and your spouse can do the same!

Wellness dollars can be redeemed for gift cards* or a health account contribution. Only employees and spouses enrolled in the CHI medical plan for 2018 are eligible to participate in the Wellness program.

*Gift card rewards will be considered taxable income.

Program Runs: 1/8/2018 - 9/28/2018

You can earn wellness dollars by completing the following activities:

- \$75 - Personal Health Assessment
- \$75 - Lifestyle Coaching (for every three sessions)
- \$50 - Preventive Health Screenings (maximum of four screenings per year)
- \$50 - Challenges
- \$50 - Trackers
- \$50 - Journeys
- \$25 - Webinars
- \$25 - Volunteer Activity (maximum of two activities per year)



**Catholic Health
Initiatives**

Imagine better health.®

2018 Wellness Timeline

January

Program begins January 8, 2018
Step It Up Challenge

- Challenge Registration: January 8 • Challenge Start Date: January 22

February

Nutrition Mythbusters Webinar

March

The Skinny on Popular Diets Webinar
Color Your Plate Challenge

- Challenge Registration: March 12 • Challenge Start Date: March 26

April

Thriving With Nature Webinar

May

The Power of Positivity Webinar
Be Mindful Challenge

- Challenge Registration: May 14 • Challenge Start Date: May 28

June

The 9 Elements to Longevity Webinar

July

Brain Power Webinar

August

Optimize Your Mental Well-Being Webinar
Drink Up Challenge

- Challenge Registration: July 23 • Challenge Start Date: August 6

September

Earning period ends September 28, 2018

- Last day to earn wellness dollars and select your reward, or you will be defaulted to the gift card option

Money Mythbusters Webinar

October

Spending period ends October 31, 2018

- Redeem your wellness dollars earned for a gift card, or you will forfeit your earned dollars