



Volunteer Activity

Volunteering helps more than just your community, it also helps you through a sense of purpose. Earn \$20 in wellness dollars for a wide range of volunteer activities.

Our volunteer activity program offers you many different ways to give back to your community. You can earn \$20 per activity, with a maximum of three reimbursable activities each year. To earn your wellness dollars, complete an online survey stating that you have participated in a volunteer activity.

How do I submit a volunteer activity for credit?

- Visit the *well-being* pages on InsideCHI
- Click on "Wellness" and select "Your Wellness Website"
- Go to the Programs page
- Find the Volunteer Activity section and select "START NOW"
- Complete the survey stating that you have participated in a Volunteer Activity

well-being

Volunteer activities can be performed on your own or at any events sponsored by your work location and can include:

- CHI Mission Activity
- Blood Donation
- Charitable Walk, Run etc.
- Food Bank
- Violence Prevention
- "Neighbor" Assistance
- Community Need
- Mentoring Program



**Catholic Health
Initiatives**

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