

2021 Wellness Program

Make 2021 the year you do something just for YOU. The Wellness Program supports you in mind, body, and spirit.

Program Details

Eligibility

In 2021, all benefits eligible employees as well as CHI Medical Plan enrolled spouses may participate in the Wellness Program.

If you are newly hired, you will become eligible to participate in the Wellness Program on the first of the month following 30 days of employment.

Rewards

You and your spouse can earn up to \$450 wellness dollars. You choose how you want to receive your wellness dollars. Choices include:

- Health account contributions (for participants that are enrolled in a CHI Medical Plan)
- Gift cards (for all participants)*

*Gift cards are considered taxable income and will be included in employees' paychecks monthly. All benefits eligible employees as well as medical plan enrolled spouses are able to participate in the 2021 Wellness Program and earn up to \$450 wellness dollars. (For CHI Franciscan locations, certain groups may not be eligible. Please call your local HR for questions on eligibility.)

Program Year

- Earn wellness dollars February 8, 2021 through September 30, 2021
- Redeem earned wellness dollars through October 31, 2021

Challenges

- Top of Mindfulness
- Food Around the Globe
- Amazing Architecture



**Catholic Health
Initiatives**

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Get the most from your 2021 Wellness Program!

For the majority of activities, you are automatically rewarded within 24 hours after your activity is complete (exceptions are noted at the bottom).

How much can I earn? / How often can I earn it?	What can I participate in?	Anything else I should know?
\$20/Once per challenge	Track all weeks of a challenge	For steps challenges, manual steps may be tracked during challenges for rewards ¹ but will not count toward your monthly steps tracking reward.
\$20/Three times per program year	Complete a volunteer activity	n/a
\$20/Six times per program year	Complete lifestyle coaching	You can expect to see your wellness dollars 7 business days after your completed coaching call.
\$20/One time per webinar up to six times per program year (February – July)	Wellness Webinars	Watch the webinar, then complete the quiz to get rewards. One reward per webinar.
\$30/Once a month (February – September)	Take 7,000 steps 20 days in a calendar month	Must connect an approved mobile app or activity device ² to track steps and sleep, and receive wellness dollars. Must connect MyFitness Pal to track calories. Steps/calories/sleep cannot be manually tracked for wellness dollars. To track your progress each month, visit the Trophy Case by hovering over your profile picture on the wellness website.
	Track calories 20 days in a calendar month	
	Track sleep 20 days in a calendar month	
\$30/Once per program year	Achieve ideal or improved body mass index	Biometric screening ³ must have been submitted in prior program year. Biometric submission for 2021 must show improvement from the previous program year. ⁴ Please note: If you earn for ideal metrics, you will not earn for improvement.
	Achieve ideal or improved blood pressure	
\$30/Once per challenge	Reach challenge goal	For steps challenges, manual steps may be tracked during challenges for rewards ¹ but will not count toward your monthly steps tracking reward.
\$30/Six times per program year	Complete one Journey	You can only receive wellness dollars for one Journey completed each day. If you complete multiple Journeys on the same day, you will only be rewarded for one.
\$50/Six times per program year	Complete a Preventive Health Activity	From your own wellness website account, print out your personalized form. Must submit a complete, personalized Preventive Health and Wellness form for approved preventive health activities between 10/1/20 – 9/30/21.
\$50/Once per program year	Complete a Heart and Lifestyle Survey	n/a
	Complete a Biometric Screening	From your own wellness website account, print out your personalized form. Must submit a complete, personalized Biometric Screening form for screening done between 10/1/20 – 9/30/21.

For help, call Virgin Pulse at 833-721-4094 (M–F 8 a.m. – 9 p.m. ET).

1. Allow 10–12 days after challenge has ended to see your wellness dollars.
2. To find a list of approved mobile apps and/or activity trackers, hover over your profile picture in the wellness website and select “Devices and Apps.”
3. Allow 3–5 days for processing after form is submitted to see your wellness dollars.
4. If you do not have a screening from a previous program year, you will only be eligible for ideal metrics.