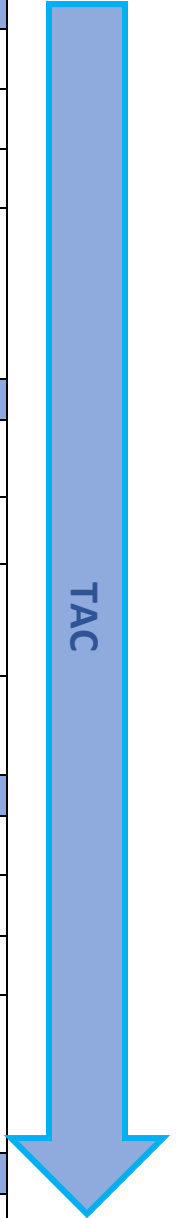


LivingWell 2022



Print Name:		Signature:		Total Points:	
Physical Wellness Move More		Emotional Wellness Stress Less		Community Wellness	
Activity #1 (5pts)	Pts	Activity #1 (5pts)	Pts	Activity #1 (5pts)	Pts
Activity #2 (5pts)	Pts	Activity #2 (5pts)	Pts	Activity #2 (5pts)	Pts
Activity #3 (5pts)	Pts	Activity #3 (5pts)	Pts	Activity #3 (5pts)	Pts
See ideas for activities or come up with your own!! Maximum 15 Points	Total Pts	See ideas for activities or come up with your own!! Maximum 15 Points	Total Pts	See ideas for activities or come up with your own!! Maximum 15 Points	Total Pts
Intellectual Wellness		Workplace Wellness		Health Care	
Complete <u>ALL 18</u> Employee Wellness Quizzes on Relias	Total Pts	Complete the LivingWell Diversity Training in Relias: <ul style="list-style-type: none"> Bridging the Diversity Gap Diversity for All Healthcare Diversity, Equity, and Inclusion for the Healthcare Employee Maintaining a Cohesive Multigenerational Workforce Your Role in Workplace Diversity 	Total Pts	Annual Physical Exam (25pts)	Pts
				Annual Dental Exam (25pts)	Pts
				Annual Vision Exam (25pts)	Pts
Maximum 60 Points (must complete all)		Maximum 50 Points (must complete all)		Maximum 75 pts	Total Pts
Health Goals		Social Wellness		Spiritual Wellness	
Health Goal #1 (max 10 Pts)	Pts	Activity #1 (5pts)	Pts	Activity #1 (5pts)	Pts
Health Goal #2 (max 10 Pts)	Pts	Activity #2 (5pts)	Pts	Activity #2 (5pts)	Pts
Health Goal #3 (max 10 Pts)	Pts	Activity #3 (5pts)	Pts	Activity #3 (5pts)	Pts
Good Start = 1 point Good Progress = 5 points Achieved Goal = 10 points Maximum 30 Points	Total Pts	See ideas for activities or come up with your own!! Maximum 15 Points	Total Pts	See ideas for activities or come up with your own!! Maximum 15 Points	Total Pts
Bonus Points (HR will calculate bonus pts)	Tic 1 point for each "across" row completion. Up to 3 points.	Tac 1 point for each "down" row completion. Up to 3 points.	Toe 1 point for each "diagonal" row completion. Up to 2 points.	Complete All Earn 2 Points	



*Not all LifeWays Community Sponsored Events are considered "Time Worked" please reach out to HR should you have questions regarding pay.

Each point is worth \$1 **up to a maximum of \$300**. The duration of the program is through October 31, 2022. In November 2022, each employee who is actively employed on October 31st, 2022 and who completes and submits the point tracker **by November 4th** will receive a taxable pay-out. Employees hired after June 30, 2022 will not have the ability to participate.

Fine Print: Employees must have been actively employed by June 30th and be in good standing as of November 4th to receive this payout

LivingWell 2022

LifeWays values the health and wellness of each employee. LifeWays would like to promote a healthy lifestyle by offering the 2022 LivingWell Program. The LivingWell program focuses on areas previously identified as **the top three risk factors for LifeWays' employees:** weight management, stress management, and lack of physical exercise and partnering them with the 5 Dimensions of Wellness: Physical Wellness, Emotional Wellness, Intellectual Wellness, Social Wellness, and Spiritual Wellness.

By participating in the LivingWell 2022 Program and earning points; staff may to earn up to \$300.

Move More, Stress Less and Self-Awareness (TIC - row 1)

- **Physical Wellness** - Move More: Participate and record up to 3 Physical - Move More activities.
- **Emotional Wellness** - Stress Less: Participate and record up to 3 Stress Less activities.
- **Community Wellness:** Get involved in your community, volunteer or perform community Service Activities through LW's Community Relations Department, support a cause, participate in a LifeWays Community Event such as STOMP

Intellectual Wellness, Community Activity, and Health Care (TIC - row 2)

- **Intellectual Wellness:** **Employee Wellness Quizzes** are available for you to enroll, within Relias. There are 18 courses for you to complete. Courses must be completed between 11/1/2021 and 10/31/2022 See "Activity Ideas"
- **Workplace Wellness:** Complete the following Relias Trainings:
 - Bridging the Diversity Gap
 - Diversity for All Healthcare
 - Diversity, Equity, and Inclusion for the Healthcare Employee
 - Maintaining a Cohesive Multigenerational Workforce
 - Your Role in Workplace Diversity
- **Health Care:** Earn points by making and keeping preventive care appointments with your physician, dentist, and optometrist.

Health Goals, Social Wellness, Spiritual Wellness (TIC - row 3)

- **Health Goals:** Set three measurable health goals. Measure your progress by the end of the LivingWell year (October 31st) and give yourself a grade. Good Start, Good Progress or Achieved.
 - Example: Health Goal #1: Lose 10lbs by October 31, 2022.
 - "Achieved" = lost 10 or more pounds = 10 points
 - "Good Progress" = lost 5-9 pounds = 5 points
 - "Good Start" = lost 1-4 pounds = 1 points
- **Social Wellness:** Participate and record up to 3 Social Wellness activities that are meaningful to you.
- **Spiritual Wellness:** Participate and record up to 3 Spiritual Wellness activities that are meaningful to you.

Bonus Points = TIC – TAC – TOE

TIC = Each row completed horizontally equals one point. Earn up to 3 bonus points.

TAC = Each row completed vertically equals one point. Earn up to 3 points.

TOE = Each row completed diagonally equals one point. Earn up to 2 points.

Complete ALL TIC-TAC-TOE rows earn 2 more Bonus Points!

Activity Ideas for LivingWell 2022

Physical Wellness

- Join a gym or download and use an activity/fitness app on your phone or smart device. **Don't forget about Wellbeats**
- Participate in a local wellness activity (example: Yoga, Zumba, YMCA, etc)
- Walk/Bike/Run around your block (or equivalent) once a day.

Emotional Wellness

- Seek out articles or books that help support your emotional wellness.
- Engage in positive self-talk.
- Seek emotional support when necessary.
- Use an app like Calm or Wellbeats (Healbright) to assist with stress management
- Adopt a pet.
- Pamper yourself regularly (soak in a bath, take a walk, get a massage, daydream)

Community Wellness

- Support a cause by donation (includes PERKs Jean Days, Birthbrite donations or any other charitable donations)
- Support a cause via Call to Action – reach out to your local, state, or federal representative to get your voice heard!
- Volunteer – join a board, join Big Brothers/Big Sisters, join Habitat, or other amazing non-profits!
- Complete your community service expectation by assisting the Community Relations Department.
- Join a LifeWays Sponsored Team, such as the Scooby-Doo Run/Walk, Suicide Prevention Run/Walk, or STOMP Team!

Intellectual Wellness - Employee Wellness Quizzes

Complete all 18 Employee Wellness Quizzes in Relias.

- Log into Relias
- Select the “My Learning” Tab at the top of the page.
- Select the “+Browse Elective Courses” button on the screen (Green button)
- In the search bar type: **Employee Wellness**, all 18 Employee wellness courses should come up.

**Please remember that you must complete 18 Employee Wellness courses between 11/1/21 and 10/31/22 to qualify.*

Workplace Wellness

- Bridging the Diversity Gap
 - Diversity for All Healthcare
 - Diversity, Equity, and Inclusion for the Healthcare Employee
 - Maintaining a Cohesive Multigenerational Workforce
 - Your Role in Workplace Diversity
- *Please remember you must complete all of the above trainings.*

Health Goals

- Eat a more balanced diet
- Exercise more
- Lose weight
- Participate in a Wellbeats or Healbright class

Social Wellness

- Take up a hobby and find others who share your interest
- Plan a regular lunch date with your best friend, parent, sibling, child, etc.
- Find opportunities to make new friends.
- Host a game night.

Spiritual Wellness

- Yoga
- Meditate
- Practice forgiveness
- Spend reflective time alone.
- Caring and acting for the welfare of others and the environment

Please note: these lists are to help generate ideas and not meant to be all inclusive. It is recommended that you participate in activities that best fit your abilities and/ or interests