



Howard University and Hospital
2014-15 Wellness Program
July 1, 2014 - June 30, 2015



Howard is partnering with Cigna to provide a health and wellness program for employees. This program allows employees to be rewarding for striving to live a healthier life.

The passport card below has different wellness activities and programs listed. Points are earned for participating in these activities and programs throughout the year. Employees may earn up to **500** points between July 1, 2014 and June 30, 2015.

Name: _____ **EMPL ID:** _____

Activity	Milestone	Possible Points	Self-Reported	Actual Points	Date(s) Completed
Health Assessment	Complete My Health Assessment	75			
Preventive Care	Complete Adult Physical	75			
	Complete a Routine OB/GYN Appointment	75			
	Complete a Routine Mammogram	70			
	Complete Colorectal Cancer Screening	70			
	Complete Prostate Cancer Screening	70			
	Complete Annual Flu Shot	45			
Dental Exam	Office Visit	55 per visit / 110 per year	Yes		
Vision Care	Complete an annual vision care exam	45	Yes		
Progress towards my health goal	Your Health First (chronic condition support)	150			
Achieve my health goal	Your Health First (chronic condition support)	150			
Physical Activity	Engage in any physical activity for 30 minutes (including going to the gym) more than 4 times per week during the month	15 per month / 180 per year	Yes		<input type="checkbox"/> July <input type="checkbox"/> January <input type="checkbox"/> August <input type="checkbox"/> February <input type="checkbox"/> September <input type="checkbox"/> March <input type="checkbox"/> October <input type="checkbox"/> April <input type="checkbox"/> November <input type="checkbox"/> May <input type="checkbox"/> December <input type="checkbox"/> June
Participate in wellness activity	Onsite Chef demonstration, lunch and learn, educational webinar, Core Health Challenge, Walk-Run Event Other (specify) _____ _____	55 per activity / 110 per year	Yes		

