



## Central Michigan University

Well-Being Rewards Guide  
2024-2025

Central Michigan University has partnered with Health Advocate to help you focus on your well-being—plus, you can earn a reward for your hard work!



Start date:  
**July 1, 2024**



Deadline to earn points:  
**June 30, 2025**



Deadline to redeem points:  
**July 31, 2025**

### Well-Being Rewards Details

Earn a total of 800 points by completing the well-being activities outlined in this guide to receive up to \$400 reward dollars redeemable on Health Advocate's Rewards Mall. You can redeem your earnings for a variety of e-gift cards, fitness gear and other healthy merchandise.

Points and reward dollars do not roll over so use them by July 31, 2025 or lose them!

See page 2 for directions on how to redeem your reward dollars.

### Well-Being Rewards Program Eligibility

The Central Michigan University Wellness and Coaching Program is available to all benefit-eligible active staff, fixed-term and medical faculty, and post-doctoral research fellows. Spouses and dependent children age 18+ can utilize the wellness program features, but are not eligible for the \$400 reward.



# Well-Being Your Way

Be Well | Be Balanced | Be Connected | Be Successful

Complete your choice of the wellness and coaching activities below to earn points. Earn \$100 for every 200 points you earn, up to \$400 max for 800 total points.

- Level 1: 200 total points = \$100
- Level 2: 400 total points = \$100
- Level 3: 600 total points = \$100
- Level 4: 800 total points = \$100



## Get Started!

Review the full program details, plus access activities, track your points and progress, view curated health information and more through Health Advocate’s member platform.

[HealthAdvocate.com/cmu](https://HealthAdvocate.com/cmu)



## Activity

## Points/Max.

Personal Health Profile (PHP)	100
Personal Pathfinder	15/60
Access the Health Advocate website or app monthly	10/120
Engage with an Advocate	30/60
3-Session Coaching Program	100/200
6-Session Coaching Program	200
Health Education Session	30
Chronic Care Support Program	50 Enrollment 200 Completion
Learning Center	1/20
Personal Pathways	80/320
Preventive Care Exams	40/200
Vaccinations	20/40
Tobacco-Free or Quit Tobacco Pathway	25 50 Enrollment 175 Completion
Well-Being Personal Challenges	20/120
CMU Company Challenges	Stay tuned!
Workshops	40/240
EAP Webinars and Skill Builders	40/160
Quality Connect Provider Match	10
Health Trackers	400 (see pg 3)



## Building better habits helps you make meaningful healthy changes

Track healthy habits and meet the recommended goals to earn points.  
Earn a maximum total of 400 points across all trackers.

Be Well Trackers	Recommended Goal	Points
 Fruits and Vegetables	Boost your nutrition by eating 5 or more servings daily	1/100
 Whole Grains	Eat 3 or more servings of whole grains daily	1/100
 Water	Stay hydrated by drinking 8 glasses (64 ounces) of water daily	1/50
 Distance Exercised	Log the distance you exercise daily	1/50
 Stretching	Improve your flexibility by stretching for 10 or more minutes daily	1/50
 Physical Activity <i>Combined tracker</i>	Stay on your feet by taking 5,000 to 9,999 steps daily Increase your steps by taking 10,000 or more steps daily Get fit by exercising for at least 150 minutes weekly	$\frac{1}{2}$ /100 5/150
 Weight	Log your weight weekly	5/50
 Strength Training	Increase your strength by performing this activity 2 or more days weekly	5/50
Be Balanced Trackers	Recommended Goal	Points
 Sleep	Function your best by sleeping at least 7 hours each night	1/50
 Manage Stress	Perform one or more activities to relieve stress daily	2/100
 Meditation / Resilience	Perform one or more meditation or resilience activities daily	1/50
 Mood	Track your mood daily	1/50
Be Connected Trackers	Recommended Goal	Points
 Reduce Social Media	Spend less time on social media daily	1/50
 Charity Work	Give back by volunteering your time at least once a month	10/50

*There are many other trackers available on the website for your use that are not incentive reward eligible.  
Use trackers that help you with your personal goals.*



## You did the work. Now get rewarded!

Online Rewards Mall



### Track your earned points and eligible reward dollars

- **Log on to your Health Advocate member website or app** to track your activity, check your points and start shopping. Once logged on:
- Select **Well-Being** to open a drop-down menu, then click on **Rewards** where you will find information on how you can earn points, completed activities, earned points and eligible reward dollars.
- Click on **Rewards Mall** to start shopping for your prize!

### Start shopping for your rewards!

- **Search for particular e-gift cards or fitness devices** using the Keyword Search box or search by category listed on the left side of the page.

### Redeem a reward

- **Choose the e-gift card or fitness device** you want and click to add it to your cart.
- **Then visit your cart** and click **Checkout**.
- **Enter your information.** Your name, phone number, and email are required for e-gift cards; all fields are required for fitness devices. Then click on **Review Order**.
- **Make sure all your information is correct**, and then click **Place Order**.

### Split tender

- **Want a fitness device or e-gift card, but don't have enough points to purchase it?** You can choose to split tender, which means you can pay for part of it with your points and part of it with your credit card.

### Cash out

- **You can also cash out your points for Amazon and/or Visa e-gift cards** by clicking the red buttons on the left side of the rewards mall.

### Visa Gift Cards

- **After you place your order** for a Visa gift card and it is processed, Visa will send you an email explaining how you can claim your reward.
- **You can request a virtual Visa gift card or a physical Visa gift card** that will be mailed to you. A \$5 surcharge fee applies for a physical card.
- **Check the expiration date on your Visa gift card** and be sure to use it before it expires!

### Check your orders

- **You can access detailed information** about your orders by selecting the **Order History** drop-down menu by your name and dollar value.
- **Check your Order History** whenever you have a question about any of your orders.

### Submit a help request

- **You can submit a help ticket** right on the rewards mall website. Click **Help** in the top right corner of the rewards website for issues like needing help with an order, an item, and more.





## Frequently Asked Questions

### Q: How do I register for the Health Advocate platform?

**A:** Follow these simple steps to register:

1. Visit [HealthAdvocate.com/members](https://HealthAdvocate.com/members) or download the mobile app
2. Click on “Register Now”
3. Enter the required information, confirm your registration, then log in

### Q: What can I do on the Health Advocate app?

**A:** The Health Advocate app has all of the same tools and resources available on the website in a mobile-friendly version. It makes it easier to get healthy on the go and interact with Health Advocate wherever you are and whenever you want!

### Q: What if I am unable to fulfill a requirement of the reward program?

**A:** We are committed to helping you find your path to well-being and thrive. If you think you might be unable to meet a certain standard for points under this program, you may be able to earn the same points by a different means. Please contact Health Advocate for more information.

### Q: What are some well-being goals Health Advocate supports?

**A:** We can help you with a wide range of goals that fall under the four learning pillars of Be Connected, Be Balanced, Be Well, and Be Successful. We'll also help you find your personal path to well-being, discover what is important to you, and support you every step of the way throughout your wellness journey.

### Q: If I went to my doctor earlier in the year, can I earn points for my exam?

**A:** Visits occurring between July 1, 2024 and June 30, 2025 will qualify for points.

### Q: Are my rewards taxable?

**A:** Due to IRS rules, rewards are considered taxable income. They will be included on your W-2 and are subject to applicable payroll taxes such as federal, state, Social Security and Medicare taxes.

### Q: What other issues is Health Advocate able to assist me and my family with?

**A:** Health Advocate can help you and your family:

- Get answers to your insurance and claims questions, resolve billing issues and connect you to all of your benefits
- Identify emotional and mental health issues and find strategies to cope through support from an EAP Professional
- Connect with specialists for help with work/life balance, legal and financial issues
- Better manage chronic conditions with expert guidance from a Certified Nurse Coach

### Q: When is Health Advocate available?

**A:** Normal business hours are Monday - Friday, from 8 AM to 10 PM, ET. Wellness coaching is available weekdays from 8 AM to 9 PM, ET. Staff is available for assistance after hours and on weekends.

### Q: Will my information and interaction with Health Advocate remain private?

**A:** Yes. Your medical and personal information is kept strictly confidential. Our staff carefully follows protocols and complies with all government privacy standards.



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[HealthAdvocate.com/cmu](https://HealthAdvocate.com/cmu)

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