



2016

April - December

"BE WELL" 2016 PASSPORT

What is the "Be Well" Wellness Program?

The "Be Well" Wellness Program is a program to help promote physical activity, healthy choices and educate employees with the goal of improving the overall well-being of the employee which includes physical, emotional, mental and financial health. The program provides employees the opportunity to participate in a variety of health and wellness related activities and a variety of incentives.

What are the benefits of the "Be Well" Wellness Program?

The benefits of improving your well-being (be active, be healthy & be informed) are countless. Some benefits of improving your well-being includes: reduced stress, improved mood, increased energy, better sleep, weight management and reduced aches and pains.

Who is eligible to participate in the "Be Well" Wellness Program?

Full-time employees can participate in the complete program and can earn the Passport Rewards. Part-time employees can participate in the monthly challenges, guest speakers and other selected activities but do not qualify for the "Be Well" Passport Rewards.

Description of Passport: The "Be Well" Passport is used to track full-time employee's participation in the various wellness activities that qualify for the Gold, Silver and Bronze Achievement Award Levels. The Passport will be used April - December 2016.

All Passports must be returned to HR by December 9, 2016.

Employees will be recognized for participation and award level achieved at Spring Back to School Week.

How do I complete the Passport?

Throughout 2016 there will be various events, monthly challenges and informational speakers all about health and wellness. In addition to the College sponsored activities, employees will need to participate in other activities outside of the College. By participating and attending the events, you will earn points. The points earned go towards achievement levels. When you attend an event or complete a challenge, simply have a committee member stamp your passport.



This Passport belongs to: _____

"BE WELL" 2016 PASSPORT

Activities	Individual Points	Maximum Points	Total pts. Earned
BE ACTIVE			
Fitness Activity Level 1 (Completing 12 days a month of physical activity for 10 minutes) **	25	150	
Fitness Activity Level 2 (Completing 12 days a month of physical activity for 20 minutes) **	50	300	
Fitness Activity Level 3 (Completing 12 days a month of physical activity for 30 minutes) **	75	450	
Participate in 1/2 Marathon/Marathon	100	300	
Participate in 5K/10K	50	150	
Monthly Challenge	20	120	
Attend ECC Fitness Center Orientation (New participants only. One time use.)	20	20	
Volunteer Assistance for Campus Events	10	30	
BE HEALTHY			
Dental Preventive Exam*	100	100	
Preventive Exam (Men or Women)*	100	100	
Vision Preventive Exam*	100	100	
Colonoscopy*	100	100	
Mammogram	50	50	
Other Preventive Exams	50	100	
Nutrition Talk	25	150	
Preventive Vaccines (Flu, Tetanus, Hepatitis etc.)	25	100	
Donate Blood	25	75	
Massage	25	50	
Food Journal 3 times a week for 6 months	50	50	
BE INFORMED			
Webinar	25	150	
Attend Lecture Series	25	100	
Books/E-Books: Read a book about Nutrition/Exercise/Wellness/Health	20	100	
Resources: Read an article about Nutrition/Exercise/Wellness/Health	5	50	
Attend Health Fair at ECC or local community	25	25	
Attend "Be Well" Kickoff	25	25	
Register for online portals (Delta Dental, VSP, Anthem) New users only.	10	30	

Requirements: Documentation may be required for participation points.

*Each semester a minimum of one preventive exam valued at 100 points is required to be eligible to receive Achievement Awards.

** Fitness activity can include: biking, hiking, swimming, walking, weights, zumba, yoga etc.

Achievement Awards			
Achievement Awards	Gold (1,000pts)	Silver (700pts)	Bronze (400pts)
	Must achieve at least: 500 Be Active Pts. 300 Be Healthy Pts. 200 Be Informed Pts.	Must achieve at least: 350 Be Active Pts. 200 Be Healthy Pts. 150 Be Informed Pts.	Must achieve at least: 200 Be Active Pts. 100 Be Healthy Pts. 100 Be Informed Pts.
Full-time Faculty	\$50 gift card	\$35 gift card	\$25 gift card
Full-time Support & Professional Staff	15 minutes of “Be Well” time 3x a week	15 minutes of “Be Well” time 2x a week	15 minutes of “Be Well” time 1x a week
<p><i>REASONABLE ALTERNATIVE is available if it is unreasonably difficult due to a medical condition for you to achieve the standards for the awards under this program. Contact Human Resources.</i></p> <p><i>“Be Well” time is to be used during the normal workday and can be used to extend lunch or break for fitness activity. “Be Well” time is to be scheduled with supervisor in advance. “Be Well” time is considered paid work time. “Be Well” time is not accrued or paid out and is forfeited if not used each week. “Be Well” time will be eligible to be used during the academic semester - Spring (Jan-May) and Fall (Aug-Dec).</i></p>			

2016 “Be Well” Goals

In order to stay on track to achieving the award level, we recommend you make a few goals.

My Be Active Goals:

- 1.)
- 2.)
- 3.)

My Be Healthy Goals:

- 1.)
- 2.)
- 3.)

My Be Informed Goals:

- 1.)
- 2.)
- 3.)



BE ACTIVE

- Monthly challenges to encourage employees to participate in activities that promote an active lifestyle.

Fitness Activity Level 1 (Completing 12 days a month of physical activity for 10 minutes) **

25

Activity, Date

25

Activity, Date

25

Activity, Date

25

Activity, Date

25

Activity, Date

25

Activity, Date

Fitness Activity Level 2 (Completing 12 days a month of physical activity for 20 minutes) **

50

Activity, Date

50

Activity, Date

50

Activity, Date

50

Activity, Date

50

Activity, Date

50

Activity, Date

Fitness Activity Level 3 (Completing 12 days a month of physical activity for 30 minutes) **

75

Activity, Date

75

Activity, Date

75

Activity, Date

75

Activity, Date

75

Activity, Date

75

Activity, Date

Participate in 1/2 Marathon/Marathon

100

Event, Date

100

Event, Date

100

Event, Date

Participate in 5K/10K

50

Activity, Date

50

Activity, Date

50

Activity, Date

Monthly Challenge

20

Date

20

Date

20

Date

20

Date

20

Date

20

Date

Attend ECC Fitness Center Orientation (New participants only. One time use.)

20

Date

Volunteer Assistance for Campus Events

10

Date

10

Date

10

Date



BE HEALTHY

- Steps to begin and maintain an active and healthy lifestyle.

Dental Preventive Exam*

100 _____
Date

Preventive Exam (Men or Women)*

100 _____
Date

Vision Preventive Exam*

100 _____
Date

Nutrition Talk

25 _____ 25 _____ 25 _____ 25 _____ 25 _____ 25 _____
Event, Date Event, Date Event, Date Event, Date Event, Date Event, Date

Preventive Vaccines (Flu, Tetanus, Hepatitis etc.)

25 _____ 25 _____ 25 _____ 25 _____
Event, Date Event, Date Event, Date Event, Date

Donate Blood

25 _____ 25 _____ 25 _____
Event, Date Event, Date Event, Date

Massage

25 _____ 25 _____
Event, Date Event, Date

Food Journal 3 times a week for 6 months

50 _____
Date

Colonoscopy*

100 _____
Date

Mammogram

50 _____
Date

Other Preventive Exams

50 _____ 50 _____
Date Date



www.anthem.com
www.deltadental.com
www.vsp.com



BE INFORMED

- Great reads to educate yourself on a healthy lifestyle.

Webinar

25 _____ 25 _____ 25 _____ 25 _____ 25 _____ 25 _____
Date Date Date Date Date Date

Attend Lecture Series

25 _____ 25 _____ 25 _____ 25 _____
Date Date Date Date

Books/E-Books: Read a book about Nutrition/Exercise/Wellness/Health

20 _____ 20 _____ 20 _____ 20 _____ 20 _____
Title, Date Title, Date Title, Date Title, Date Title, Date

Resources: Read an article about Nutrition/Exercise/Wellness/Health

5 _____ 5 _____ 5 _____ 5 _____
Resource, Date Resource, Date Resource, Date Resource, Date

5 _____ 5 _____ 5 _____ 5 _____
Resource, Date Resource, Date Resource, Date Resource, Date

5 _____ 5 _____
Resource, Date Resource, Date

Attend Health Fair at ECC or local community

25 _____
Event, Date

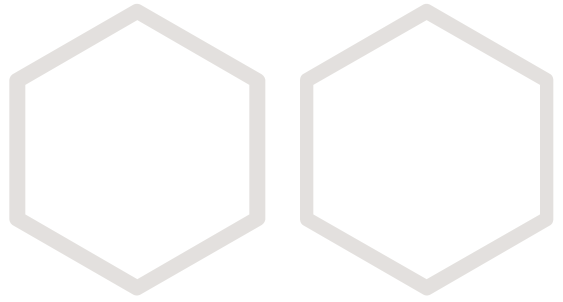
Attend "Be Well" Kickoff

25 _____
Event, Date

Register for online portals (Delta Dental, VSP, Anthem) New users only.

10 _____ 10 _____ 10 _____
Delta Dental, Date VSP, Date Anthem, Date

EAP
www.ndbh.com
Password: ecc



HEALTH & WELLNESS TOPICS 2016		
	ANTHEM	NATIONAL
January	Fitness	Glaucoma Awareness
February	Heart Health	American Heart
March	Mental Health	Nutrition
April	Preventative Health	Stress Awareness
May	Asthma & Allergies	Men's Health
June	Nutrition	Great Outdoors
July	Musculoskeletal Health	America on the Move
August	Children's Health	Immunization Awareness
September	Cancer	Leukemia & Lymphoma
October	Vision & Dental	Breast Cancer
November	Diabetes	Alzheimer's Disease
December	Smoking Cessation	Stroke Awareness

**Have questions? Contact
any Wellness Committee
Member listed below.**

Karen Rinne, Karen Klos,
Megan Elbert, Jenny
Kuchem, Anne Lause,
Kim Aguilar, Sarah Havens,
David Owens, Rachel
Howard, Cindy Brinker,
Amanda Studdard, Kelly
Rinne, Mark Eaton
and Anna Schwein

