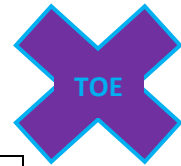


# LivingWell 2021



Print Name:		Signature:		Total Points:	
<b>Physical Wellness</b> <b>Move More</b>		<b>Emotional Wellness</b> <b>Stress Less</b>		<b>Self-Awareness</b>	
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!! <b>Maximum 15 Points</b>	Total Pts	See ideas for activities or come up with your own!! <b>Maximum 15 Points</b>	Total Pts	See ideas for activities or come up with your own!! <b>Maximum 15 Points</b>	Total Pts
<b>Intellectual Wellness</b>		<b>Make a Difference</b>		<b>Health Care</b>	
Complete ALL 18 Employee Wellness Quizzes on Relias		Volunteer, and/or participate in a LifeWays Community Sponsored Event*, and/or do something to support a cause.		Annual Physical Exam (25pts)	Pts
				Annual Dental Exam (25pts)	Pts
				Annual Vision Exam (25pts)	Pts
(must complete all) <b>Maximum 60 Points</b>	Total Pts	(must complete all) <b>Maximum 50 Points</b>	Total Pts	<b>Maximum 75 pts</b>	Total Pts
<b>Health Goals</b>		<b>Social Wellness</b>		<b>Spiritual Wellness</b>	
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 <b>Maximum 30 Points</b>	Total Pts	See ideas for activities or come up with your own!! <b>Maximum 15 Points</b>	Total Pts	See ideas for activities or come up with your own!! <b>Maximum 15 Points</b>	Total Pts
<b>Bonus Points</b> (HR will calculate bonus pts)	<b>Tic</b> 1 point for each "across" row completion. Up to 3 points.	<b>Tac</b> 1 point for each "down" row completion. Up to 3 points.	<b>Toe</b> 1 point for each "diagonal" row completion. Up to 2 points.	<b>Complete All</b> 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, 2021. In November 2021, each employee who is actively employed on October 30th, 2021 and who completes and submits the point tracker by November 6 will receive a taxable pay-out. Employees hired after June 30, 2021 will not have the ability to participate.

**Fine Print:** Employees must have been actively employed by June 30 and be in good standing as of November 6 to receive this payout

# LivingWell 2021

LifeWays values the health and wellness of each employee. LifeWays would like to promote a healthy lifestyle by offering the 2021 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 2021 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.
- **Self-Awareness:** Set personal goals for yourself and record up to 3 personal goals. This could be financial wellness, weight management/loss, etc.

## 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 11/1/2020 and 10/31/2021 See "Activity Ideas"
- **Make a Difference:** 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, Join a LifeWays team such as Scooby Doo Run/Walk, Suicide Awareness Run Walk, or other LifeWays Team Events for a cause.
- **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 31<sup>st</sup>) and give yourself a grade. Good Start, Good Progress or Achieved.  
Example: Health Goal #1: Lose 10lbs by October 31, 2021.  
"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 2021

### Physical Wellness

- Join a gym or download and use an activity/fitness app on your phone or smart device.
- 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 to assist with stress management
- Adopt a pet.
- Pamper yourself regularly (soak in a bath, take a walk, get a massage, daydeam)

### Self-Awareness

- Continue your education or learn something new.
- Make a financial plan or set a financial goal.
- Participate in LifeWays Leadership Courses.
- Participate in LifeWays Mentorship Program.

### 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 (there is a total of 18 Employee Wellness courses that must be completed.)

(Note: If you took an Employee Wellness course last year, the course will not be available for you to elect until 1 year has passed since you last took and passed the course.) Contact HR for Assistance.

*\*Please remember that you must complete 18 Employee Wellness courses between 11/1/20 and 10/31/21 to qualify.*

### Make a Difference

- Support a cause by donation (includes PERKs Jean Days, Goodwill Donation, and 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 but not limited to the Scooby-Doo Run/Walk, Suicide Prevention Run/Walk, or STOMP Team!

### Health Goals

- Eat a more balanced diet
- Exercise more
- Lose weight

### 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.