

2017-2018 WELLBEING PROGRAM POINT STRUCTURE

Category	Program	Points (500/750)*	Campuses Offered: Twin Cities (TC), Crookston (C), Duluth (D), Morris (M), Rochester (R)
Health Assessments	RedBrick Compass® health assessment NEW	100	All
	Next-Steps Consult™ NEW	50	All
	Health Screening	150	All
Wellbeing My Way	Annual Flu Shot Pledge	25	All
	Non-Tobacco User Pledge	25	All
	RedBrick Track® (1 point per day) NEW	75 maximum	All
	Self-Reported Volunteer Pledge	25	All
	Advance Care Directive (Honoring Choices) Pledge	25	All
Be Active	Bike Commuter (including Nice Ride) (50 rides / 100 rides per program year)	100/150	All
	Fit Choices Gym Reimbursement (8x per month /12x per month for 6 months)	100/150	All
	RedBrick Rally (Challenges: 1-2 per year) NEW	75/150 maximum	All
Manage Your Health	Weight Watchers On Campus** (14 sessions in 4 months, 2 series maximum)	200/400 maximum	All
	Healthy Pregnancy (3 phone coaching sessions)	125	All
	RedBrick Journeys® (4-6 weeks avg each session; 6 Journeys maximum) NEW	50 each/300 maximum	All
Coaching and Support	RedBrick Health Coaching (4 phone sessions)	250	All
	Face-to-Face Health Coaching (4 sessions) - Incl. Stress Mgmt Coaching	250	TC, D, M
	Group Coaching (7 of 8 sessions) NEW	250	TC, D, M
	Medication Therapy Management (3 sessions)	150	All
	Specialty Therapy Management (4 sessions)	150	All
	Four Cornerstones of Financial Literacy (4, 90 minute sessions)	150	TC, D, M
University Wellbeing Classes	Group Strength Express** (13 of 16 classes, up to 3 sessions per year)	150/450 maximum	TC, D, M
	Heart Rate Express** (13 of 16 classes, up to 3 sessions per year)		TC, M
	Kettlebell Express** (13 of 16 classes, up to 3 sessions per year)		TC, M
	Yoga 101** (13 of 16 classes, up to 3 sessions per year)		TC, D, M
	Cross Training Express** (13 of 16 classes, up to 3 sessions per year)		TC, M
	AquaFit** (13 of 16 classes, up to 3 sessions per year) NEW		M
	Mindfulness at Work** (5 of 6 online sessions) NEW	150	All
	Mindfulness-Based Stress Reduction** (7 of 8 sessions)	150	TC
	Cooking for Wellness - The Basics** (6 of 7 sessions)	150	TC, D, M
	Cooking for Wellness - Getting Creative** (6 of 7 sessions)	150	TC, D, M

*Employee only and employee with children coverage can earn 500 points. Employee and spouse (with or without children) can earn 750 points. Spouses may earn 250 of the 750 points. **Programs eligible for 50% reimbursement up to \$100. One class within each of the categories of fitness, mindfulness, or cooking classes is eligible for reimbursement per year. Two Weight Watchers series can be reimbursed per year.