

Wesleyan University

Wellness Programs



Cardinal Fit Motivate Me Points Program

The Cardinal Fit Motivate Me Points Program is a great way for you and your spouse or domestic partner to get motivated to take positive steps toward a healthier life. You can earn points for eating healthy, staying active and visiting your healthcare providers annually.

- Employee and spouse/domestic partner can earn up to \$150/150 points each on a semi-annual basis (maximum annual points 300)
- Record your activities in WesPortal - My Information - Wellness Points
- Payments paid in January and July - taxable benefit

My Wellness Points Program

Activity For

2020

To begin earning points click 'Report' for the activity you have completed. For more information about this program go to the [Wellness Website](#).

Last day to report is 07/14/2020

\$100 AWARD
Complete an annual preventive care exam

Complete an annual preventive care exam

[Report](#)

\$5 EACH MONTH AWARD
Complete a monthly physical activity.

Physical activity is an important part of a healthy lifestyle, but sometimes it's hard to stay motivated.

- There are a number of ways to incorporate physical activity into your life and earn points at the same time. You will be awarded 5 points for each... [Read more »](#)

[Report](#)

\$5 EACH MONTH AWARD
Complete a monthly health management activity.

It's important to lead a healthy lifestyle. You will be awarded 5 points for each month you successfully complete an activity listed below. You can earn a maximum of 5 points a month. Here are the activities that can assist you improve your lifestyle habits while also... [Read more »](#)

[Report](#)

\$5 EACH MONTH AWARD
Complete a monthly healthy eating program.

Good nutrition is an important part of a healthy lifestyle. Whether your goal is to feel good, manage your weight, or prevent health problems, you can now participate in a program that offers additional motivation for healthy eating. Healthy eating... [Read more »](#)

[Report](#)

\$25 AWARD
Complete an annual weight management program

If weight management is one of your goals, you will be awarded points for successfully completing a sponsored weight loss program and reaching your target weight. A sponsored weight loss program could include, but is not limited to, the following: ...

[Read more »](#)

\$25 AWARD
Complete a preventative dental care exam - first half of the year.

Complete a preventative dental care exam.

\$15 AWARD
Receive an annual flu vaccine.

Receive an annual flu vaccine.

[Report](#)

\$75 AWARD
Complete a colon screening.

A colonoscopy can help in the early detection of colon cancer. The U.S. Preventive Services Task Force (an independent panel of national experts) has important information for you to review regarding the frequency of this screening.

[Report](#)

Adult Fitness Program



Adult Fitness Program

Explore the Adult Fitness classes taught by certified fitness instructors. Whether you are looking for a yoga or boot camp class, a beginner or advance level class, there's a class for everyone.

- Fitness classes are offered each semester – Fall/Spring/Winter Break/Summer
- Classes are held at the Freeman Athletic Center or Virtually
- Classes are Free!

To see the class schedule, meet the fitness instructors and register, visit the [Adult Fitness website](#).

Join at any time during the session.

Cardinal Fit Challenges



Cardinal Fit Challenges

Celebrate wellness by joining other employees in a month-long Cardinal Fit Challenge. Challenges vary in nature and emphasize behaviors that become a part of your daily routine.

Challenges are designed to focus on healthy living through exercise, nutrition, mindfulness and teamwork!

New challenges coming soon!

Lunch & Learn

Wellness Lunch & Learn targets current health concerns, fitness and healthy lifestyle topics. Sessions are offered during the Fall and Spring semesters.

Topics include:

- Motivation to Move
 - Happy Feet & Back
 - Desk Fitness
 - Meditation
 - Mindfulness Self-Care
- Register for sessions through [Success at Wes](#).

Who to Contact!

Questions

Email: wellness@wesleyan.edu