REWARD YOURSELF
WITH BETTER HEALTH

Momentum⁺ 2018 3ʳᵈ Quarter Activities

Get rewarded for getting healthy! Brandeis University will be awarding prizes to employees who participate in the Momentum⁺ Wellness Program through December 15, 2018! Earn a total of 70 credits by the end of the 3ʳᵈ quarter of 2018 to be entered into the 3ʳᵈ raffle. Visit the Brandeis University Wellness Program webpage at [http://www.brandeis.edu/humanresources/benefits/wellness/index.html](http://www.brandeis.edu/humanresources/benefits/wellness/index.html) for more information. Start today by completing the following activities:

**Wellbeing Assessment (WBA)**
Take your WBA to find out how healthy you are and how your lifestyle choices make a difference in how you live and feel!

50 credits

**Know Your Biometric Numbers**
Get your biometric numbers (glucose, height/weight for BMI, total cholesterol, HDL, blood pressure) from a recent physical or by having your primary care physician fill out and submit a Physician Fax Form.

20 credits

**Condition Management**
Condition Management programs help people with a chronic condition to manage and live with chronic diseases. Taking part in the program is voluntary and confidential. You will be contacted by an Enrollment Specialist who will talk with you about how you are managing your condition, and refer you to one of our nurses.

10 credits

**Additional HR Credit Opportunity**
Brandeis University is awarding credit for a variety of healthy actions. Check with Human Resources for qualified activities, and complete the Worksite Activity Affirmation form.

5 credits each/max of 15

**Virtual Coaching**
Reach your health goals, big or small, working at your own pace with a virtual coach online! Improve your diet, manage stress, get more active, and more!

10 credits
**Individual Online Challenge**

**Weight Down, Stay Down Challenge (May 2018)**

The challenge promotes taking control of your weight by finding simple, healthy habits that keep your weight under control, while helping you break unhealthy habits that can lead to weight gain. Earn 1 point for each healthy step you take (for example, getting 15 minutes of exercise, eating a nutritious breakfast, limiting sweets and alcohol, etc.).

10 credits

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**Worksite Activity**

Brandeis University has chosen several wellness activities for you to choose from throughout the year. This quarter, earn credit by participating in the 'Walk the Way to a Healthier You edHealth Colleges Compete' walking challenge - stay tuned for the start date. Other activities may include on-site health coaching, healthy eating programs, live seminars and more! Look out for emails regarding updates on new activities each quarter.

10 credits each/max of 30 Jan-Jul, max of 30 Aug-Dec

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**Lifestyle Coaching**

Sometimes it is hard to reach long term health goals and easy to get discouraged along the way. Through taking your WBA, you may qualify to work one-on-one with a lifestyle coach on goals such as losing weight, eating better, getting more exercise, or dealing with stress. Over 6 months, you and your coach work as a team to meet your health goals. You can still sign up for lifestyle coaching if you choose not to take the WBA by calling 866.201.7919.

10 credits

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**Sign up for Momentum+ today, and start earning credits!**

**Tufts Health Plan Members**

- Go to mytuftshealthplan.com
- Use your Tufts Health Plan member ID number to create your account, or if you already have one, just log in
- Click on “Start Living a Healthy Lifestyle”

**Non-Members**

- Go to tuftshealthplanwellness.com
- In the top right corner select “Sign Up”
- At “I am Registering” select “with a Keycode,” and click continue
- Enter your Keycode: THPBU17
- Click continue, and complete registration