

REWARD YOURSELF WITH BETTER HEALTH

MOMENTUM+ 2018 1ST QUARTER ACTIVITIES

Brandeis University



Get rewarded for getting healthy! Brandeis University will be awarding prizes to employees who participate in the Momentum+ Wellness Program through the end of December 15, 2018! Earn 50 credits in the 1st quarter of 2018 to be entered in the 1st raffle. Start today by completing the following activities:



WELL BEING 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 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

Have A Heart Challenge (February)

Focus on heart-healthy actions in the Have A Heart Challenge: Getting active – ten minutes or more daily of exercise, plus eating up to five servings daily of whole grains, fruits and vegetables. Earn credit, Feel Great! Your heart thanks you!

10 credits



WORKSITE ACTIVITY

Brandeis University has chosen several wellness activities for you to choose from throughout the year. 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



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