

# Living Well With Long Island University

<b>Employee Name</b>	<b>Credit Goal</b>	<b>Point Total</b>	<b>Goal Attainment (for HR use only):</b>
<b>Identification Number</b>	<b>10 pts</b>		

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## Required Courses- Must Complete to Participate (6 Points)

<b>Class Name</b>	<b>Dates of Participation</b>	<b>Points Earned</b>
Biometric Screening		
Health Risk Assessment		
Exercise Component (1)		
Exercise Component (2)		
Mental Health Component		
Financial Health Component		

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## Electives (4 Points)

<b>Class Name</b>	<b>Date of Participation</b>	<b>Points Earned</b>
Lifestyle Education		
Healthy Competition		
Volunteerism		
Wellness Day Attendance		
Approved Individual Goal Attainment		
Participate in an exercise event		
Coach/Motivate a Wellness Team		

## Living Well With Long Island University

### Program Description:

#### Required Courses

In order to be eligible to participate in the Wellness Program, employees must participate in all of the required components of the program:

- 1) **Biometric Screening** - Employees must obtain their Biometric numbers (blood pressure, cholesterol, body mass index). These numbers will be utilized to complete Number 2 - Health Risk Assessment. The goal is to kick off the wellness campaign by providing participants with an understanding of these factors in determining overall health.
- 2) **Health Risk Assessment**- In completing a Health Risk Assessment, participants will have a report that will help guide their selections for participation in the health program. It will steer them in the direction of seeking the proper care for health management. From a corporate standpoint, the results of these assessments (de-identified) will be aggregated to provide metrics to the organization and help with program planning if it becomes evident that we have particular health issues as a group that need to be attended to.
- 3) **Exercise Component 1** - Long Island University will provide opportunities through group exercise programs (Step by Step Campaign, Wellness Weekly, Gym Attendance, etc.). **In order to satisfy this requirement, the employee must exercise at least 2 times per week** during the first half of the calendar year.
- 4) **Exercise Component 2** - Long Island University will provide opportunities through group exercise programs (Step by Step Campaign, Wellness Weekly, Gym Attendance, etc.). **In order to satisfy this requirement, the employee must exercise at least 2 times per week** during the second half of the calendar year.
- 5) **Mental Health Component** - Employees will be required to attend a Mental Health Seminar provided by Long Island University Staff or Vendor Partner sponsored by the University
- 6) **Financial Health Component** - Employees will be required to attend a presentation provided by TIAA-CREF or provide proof of appointment with an individual TIAA-CREF advisor to meet this component.

## Living Well With Long Island University

Program Description:

Elective Courses

In order to Complete the Wellness Program, employees must participate in 4 of the additional components of the program:

- 1) **Lifestyle Education** - Attend a seminar provided in conjunction with the program by one of our departments (Nutrition, Nursing, Counseling, etc), participate with Weight Watchers, Implement a Smoking Cessation Program
- 2) **Healthy Competition** - Participate in a Living Well with Long Island University sponsored competition: Biggest Loser; Maintain, Don't Gain; Run Baby, Run! or There's no training wheels on this bike!; etc.
- 3) **Volunteerism** - Provide evidence of a volunteer activity.
- 4) **Attend a Campus Wellness Day Event** and get stamped by the vendors there.
- 5) Pursue an approved individual Goal - and reach it!
- 6) Serve in the Capacity of team leader for one of the Wellness Competitions, or Charity events that we participate in.

# **Living Well With Long Island University**