

# Wellness Pays Menu

Participate in the **Wellness Pays** program and earn a maximum of \$200 per calendar year, with no more than \$80 from any single category. Once you've completed a menu item, submit your activity at <http://programs.weber.edu/employeewellness/WellpayAct.asp>, and then submit your verification (Explanation of Benefits [EOB] or receipt) to the Employee Wellness Office via email [wellness@weber.edu](mailto:wellness@weber.edu), fax 626-6685, or campus mail code 2801.

<p><b>PREVENTATIVE SCREENINGS</b></p> <ul style="list-style-type: none"> <li>• Annual Physical Exam</li> <li>• Annual Mammogram</li> <li>• Annual Pap Smear</li> <li>• Colon Screening/Colonoscopy</li> <li>• Rectal Exam</li> <li>• Skin Cancer Checkup</li> <li>• Bi-annual Dental Exam</li> <li>• Annual Eye Exam</li> </ul>	<p><b>\$20 Each</b></p>
<p><b>PHYSICAL ACTIVITY</b></p> <ul style="list-style-type: none"> <li>• Participate in two or more “shorter” race events (5K, 10K, sprint tri, etc.)</li> <li>• Participate in one “longer” race event (intermediate or longer triathlon, half or full marathon, century bike race, etc.)</li> <li>• Participate in a relay race event (i.e., Ragnar)</li> <li>• Participate in a physical activity challenge offered by WSU Employee Wellness (i.e., Step it Up!)</li> <li>• Participate in seasonal sports activity (city recreational league, church league, WSU intramurals, etc.)</li> <li>• Participate in Employee Wellness or Campus Recreation group fitness classes for a semester (75 percent attendance required)</li> <li>• Enroll in a WSU PE course (75 percent attendance required)</li> <li>• Exercise program approved or designed by WSU Employee Wellness followed for three months</li> </ul> <p><i>*Individuals who may not be able to participate in the listed activities due to a physical condition may see the Employee Wellness Office for alternatives.</i></p>	<p><b>\$20 Each</b></p>
<p><b>HEALTHY BEHAVIOR</b></p> <ul style="list-style-type: none"> <li>• Complete an Intuitive Eating workshop series</li> <li>• Participate in Weight Watchers for three months</li> <li>• Attend three Lunch &amp; Learn events</li> <li>• Participate in a nutrition challenge offered by WSU Employee Wellness (i.e., Eat Your Colors)</li> <li>• Enroll in a WSU health-related course (i.e., nutrition, stress management)</li> <li>• Check and record Blood Pressure weekly for three months</li> <li>• Check and record Blood Glucose daily for three months</li> <li>• Participate in Wellness Coaching for three months</li> <li>• Complete a Lifestyle Improvement course (i.e., Blomquist Hale Change Group or Class)</li> <li>• Read a wellness-related book</li> <li>• Stress management program approved or designed by WSU Employee Wellness followed for three months</li> <li>• Complete a stress management workshop</li> <li>• Attend Stress Relief Center (Stress Lab) weekly for three months</li> <li>• Participate in Weber in Motion</li> </ul>	<p><b>\$20 Each</b></p>

**\*If you are participating in an event/activity not listed here, please check with the Employee Wellness office to get it approved – odds are good it will qualify!**