WSU Employee Wellness

Employees can enjoy the following perks:

- Yearly Wellness Assessments
- Released Wellness Time
- Wellness Coaching/Personal Training
- Yoga/Pilates Group Exercise Classes
- Monthly Educational Classes

For details call 801-626-6474 or visit weber.edu/wellness

It Pays to Participate in the Employee Wellness Program!

Wellness Pays Bonus Program

The Bonus Program is only available to employees and spouses covered under a WSU PEHP medical policy

- Complete a Health Risk Assessment
- Complete a Blood Lipid Screening OR
- Complete two Bonus Alternative Classes
- Earn $360

Wellness Pays Rewards Program:

The Rewards Program is open to all benefits eligible employees

- Complete activities such as:
  - Annual Medical Exams
  - Various Physical Activities
  - Other Healthy Behaviors
- Earn up to $200 each calendar year