

# You can earn up to \$900 every year with Live Well W&L!

**Welcome to the 2021-22 Live Well Incentives Checklist. Here you will see an overview of the activities you can complete to earn your rewards. The **GREEN** categories count toward your Essential tokens. You will need to complete one activity in both categories to meet the Essential level goal. The **BLUE** categories count towards your Holistic tokens. You will need to complete one activity in four categories in addition to the two Essential tokens to meet the Holistic level goal. Access your account at [livewell.wlu.edu](http://livewell.wlu.edu) (click Live Well W&L login) and head to the Rewards page on your Live Well W&L account at to log your activities.**

## KNOW YOUR NUMBERS

- Complete an annual physical exam.
- Complete a biometric screening.
- Complete a mammogram.
- Complete a colonoscopy.

## THE BEST PROTECTION IS EARLY DETECTION!

- Complete an age-appropriate preventive or diagnostic screening (ex. skin cancer screening, pap, PSA, COVID-19 vaccine).
- Complete a dental exam and cleaning.
- Complete an eye exam.

## PHYSICAL WELLBEING

- Establish and engage in an exercise routine for at least 30 days.
- Establish and engage in a strengthening and stretching routine for 30 days.
- Participate in a Live Well W&L sponsored physical activity contest.
- Participate in a weight loss program that lasts a minimum of 12 weeks and is designed to be safe and effective.
- Quit using tobacco or another unhealthy substance for at least 12 weeks.
- Participate in a 5k run/walk.

- Complete an ergonomic work station assessment using the [U.S. Department of Labor eTool](#).
- Attend a chronic disease management class or support group.
- Track a behavior you would like to change in order to improve your physical health.

## EMOTIONAL WELLBEING

- Practice gratitude by listing three things you are thankful for daily, for 30 days.
- Practice mindfulness meditation for a few minutes a day for 30 days.
- Regularly engage, over the course of 12 weeks, with a hobby or pastime that brings you joy.
- Utilize Washington and Lee's Employee Assistance Program (EAP) or other counseling resource.
- Attend a workshop or webinar, that addresses emotional wellbeing.

## INTELLECTUAL WELLBEING

- Read or listen to a book that explores a topic that is new to you.
- Visit a cultural or history museum or take a virtual tour.
- Attend, or view online, an educational workshop, seminar, or lecture on any topic. Check TED talks online or on your mobile device for ideas.
- Complete three different puzzles (Sudoku, crossword, etc.) this year.
- Attend a Live Well W&L cooking class.

## FINANCIAL WELLBEING

- Develop and stick to a savings or debt reduction goal for at least 30 days.
- Increase your retirement contribution by 1% or more.
- Consult with a financial planner or financial counselor.
- Attend a financial webinar or seminar.
- Create or update your will, power of attorney, or medical power of attorney.
- Start or contribute to a 529 College Savings Plan or other college savings account.

## SOCIAL WELLBEING

\*Activities can be completed virtually or in-person.

- Volunteer in the community or participate in a community-sponsored event.
- Attend the Live Well W&L Wellness fair on 9/21/2021
- Attend a Newcomers Event
- Participate in a local club or organization.
- Pair up with a friend/colleague and exercise or work towards improving health together.
- Reach out to a friend or loved one with whom you have lost touch.
- Donate blood in a blood drive.

## ENVIRONMENTAL WELLBEING

- Replace disposable water bottles with a refillable water bottle for at least 30 days.
- Walk, bike or carpool to work for at least 30 days during the year.

- Include locally harvested food in your diet for at least 30 days.
- Plant a tree or grow a home garden.
- Complete an energy challenge sponsored by the [W&L Energy Education Program](#).
- Complete a [Home Safety Inspection Checklist](#).
- Attend a workshop, web-based program or read a book that covers environmentally friendly practices for your home and garden.

## SONIC BOOM ENGAGEMENT (COMPLETE 1 A DAY FOR 30 DAYS)

**Note:** Days do NOT need to be consecutive.

- Sonic Striding — Log 7,500 steps or 90 minutes of activity on a compatible activity tracker.
- Contests — Complete a featured or member-created contest. You will get credit for one day on the contest end date.
- Challenge-of-the-Day — Complete all three parts of the challenge: completing, rating and commenting.
- Caught Ya Bein' Healthy — Recognize your co-workers for doing something healthy! Award or receive points.
- Health Trackers — Track a long-term goal using the “fruit and veggie” tracker or the “weight” tracker.



**Please Note:** All activities must be completed and logged by June 1, 2022 in order to be eligible for incentive rewards.