

# Live Well W&L Wellness Incentives Guide

Live Well W&L, the Washington and Lee University employee wellness program, has two levels that encompass both preventive care and holistic areas of wellbeing. When you participate, you receive incentive rewards at the end of the year, including a monthly health insurance premium discount for the following year or a gift certificate. Reward eligibility is based on participation goals that are measured in tokens.



Sonic Boom supports Live Well W&L by providing a web platform and a variety of features that drive engagement in the wellness program. These include health trackers, contests and social engagement tools.

Holistic program offerings fall in seven areas: physical, emotional, intellectual, financial, social and environmental wellbeing, and Sonic Boom engagement. The goal of this program is to provide opportunities for you to engage in your health and to participate in wellness activities that encourage sustainable healthy habits.

A tiered program allows you to choose your participation level based on your own needs and preferences:

Essential Level Rewards	Essential Level plus Holistic Level Rewards
For individuals whose primary focus is on preventive health care	For individuals who choose to engage fully in preventive care and holistic wellbeing
2 Tokens = \$25–\$65 health insurance premium reduction	6 Tokens = \$50–\$75 per month health insurance premium reduction or \$100 gift certificate

**Essential Level:** You must earn two tokens to complete the Essential Level, including one token from the “Know Your Numbers” category and one token from the “The Best Protection is Early Detection” category. Please see below:

“Know Your Numbers” (complete one of the activities to earn one token)

- o Biometric screening
- o Annual physical exam
- o Colonoscopy
- o Mammogram

“The Best Protection is Early Detection” (complete one of the activities to earn one token)

- o Age-appropriate preventive screening or diagnostic test
- o Dental exam
- o Eye exam

**Holistic Level:** Participate in the Essential and Holistic levels and earn six tokens to receive the maximum reward. To earn credit for the Holistic Level, accumulate four tokens by completing at least one option in **four of the seven areas:** physical, emotional, intellectual, financial, social, environmental wellbeing and Sonic Boom Engagement.

# Rewards at a Glance

All activities must be completed and logged by June 1, 2022 to be eligible for incentive rewards.

## Know Your Numbers (Required)

Complete one of these activities to earn one of two Essential Tokens.

Activity	How to Earn
Annual Physical Exam	Visit your physician and enter the date of your visit to earn credit for this activity.
Biometric Screening	<p>A biometric screening provides information about your risk for certain diseases. There are four options to complete it:</p> <ol style="list-style-type: none"><li>1. Complete an on-site biometric screening</li><li>2. Visit a Quest Diagnostics Patient Service Center (PSC)</li><li>3. Complete a screening by your physician</li></ol> <p>You are not required to upload a physician's form to receive credit.</p>
Mammogram or Colonoscopy	Complete one of these preventive procedures based on recommendations from your physician.

## The Best Protection is Early Detection! (Required)

Complete one age-appropriate preventive or diagnostic screening activity to earn one of two Essential tokens.

Activity	How to Earn
Age-Appropriate Preventive or Diagnostic Test	Complete an age-appropriate preventive test or a risk-factor-based diagnostic test.
Dental Exam and Cleaning	Visit your dentist for a routine exam and cleaning.
Eye Exam	Visit your optometrist for an eye exam.

**All activities must be completed and logged by June 1, 2022 to be eligible for incentive rewards.**

## Holistic Goals!

Four holistic tokens are required to complete the holistic level goal. Complete one activity from at least four of the seven areas below to earn four tokens and complete the holistic level. All activities must be logged on the Rewards page to receive credit. Each activity area has a list of options to choose from.

Activity	How to Earn
Physical Wellbeing	Physical wellbeing is the relationship you have with your body.
Emotional Wellbeing	Emotional wellbeing is how you feel about yourself, your ability to deal with life's challenges, and the quality of your relationships.
Intellectual Wellbeing	Intellectual wellbeing refers to activities that expand knowledge and skills.
Financial Wellbeing	The Consumer Financial Protection Bureau defines financial wellbeing: <ol style="list-style-type: none"><li>1. You have control over your finances.</li><li>2. You have the capacity to absorb a financial shock.</li><li>3. You are on track to meet your financial goals.</li><li>4. You have the financial freedom to make choices to enjoy life.</li></ol>
Social Wellbeing	Social wellbeing is the extent to which you feel good overall, with social connection and with community involvement.
Environmental Wellbeing	Environmental wellbeing is the extent to which you live in harmony with nature.
Sonic Boom Engagement	Sonic Boom Engagement adds a playful component to the program.

# Incentive Reward Chart

Levels completed by 6/1/22	Who completed the Essential Level	Who completed the Holistic Level	What your premium discount will be for 2022-23
Employee Essential	Employee		\$25
Employee Holistic	Employee	Employee	\$50
Employee Essential + Spouse Essential	Spouse and Employee		\$40
Employee Holistic + Spouse Essential	Spouse and Employee	Employee Only	\$65
Employee Essential + Spouse Holistic	Spouse and Employee	Spouse Only	\$50
Employee Holistic + Spouse Holistic	Spouse and Employee	Spouse and Employee	\$75
Single Parent Essential*	Employee		\$40
Single Parent Holistic	Employee	Employee	\$75
Employee and Partner/Spouse Not Covered by W&L Health Insurance	N/A	\$100 Gift Certificate	N/A

\* Contact Anne Remington at [aremington@wlu.edu](mailto:aremington@wlu.edu) or ext. 8355 if you believe you may be eligible for the single parent discount.

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**Go to [livewell.wlu.edu](http://livewell.wlu.edu) and click Live Well W&L Login to register. Once on the portal, visit the Rewards page for Live Well W&L program options.**

**Questions? Contact Sonic Boom Support at [support@sonicboomwellness.com](mailto:support@sonicboomwellness.com)**