



UR Well Employee Incentive Program \$100 Incentive

Heather Sadowski (804) 287-6863
hsadowsk@richmond.edu
employeewellness.richmond.edu

Name (Last, First, Middle Initial): _____ UR ID#: _____

Hire Date: _____ Title: _____ Department: _____

Eligibility Requirements

All full-time, benefit eligible, faculty and staff are eligible to participate in wellness programs. You must be a full-time employee for at least 6 months of the calendar year in order to be eligible for the incentive.

Biometric Screening & RealAge Test

Available during Open Enrollment in November. If unable to attend or a new hire please contact Heather Sadowski, Assistant Director of Wellness at: hsadowsk@richmond.edu

Biometric Screening RealAge Test

Wellness Dimensions

Complete at least 6 of the following in addition to completing the Biometric Screening & RealAge test. Please note some categories are required. **All activities must be completed in calendar year 2017.**

Physical	Select 2	Recreation & Wellness Special Event <input type="radio"/> UR Fit <input type="radio"/> Fitness Frenzy <input type="radio"/> Fitness Special Event <input type="radio"/> Anthem Corporate Run (if you run/walk) <input type="radio"/> Personal Training Session <input type="radio"/> Functional Movement Screening <input type="radio"/> Cholesterol Screening <input type="radio"/> Blood Pressure Check <input type="radio"/> Bioelectrical Impedance Testing <input type="radio"/> Fitness Assessment <input type="radio"/> W.O.W. Program (new hires only)
Intellectual	Select 1	<input type="radio"/> Food for Thought Session <input type="radio"/> Meet with a Wellness Coach <input type="radio"/> Nutrition Consultation
Financial	Select 1	<input type="radio"/> Financial Wellness Session <input type="radio"/> Meet with TIAA
Occupational	Select 1	<input type="radio"/> Attend the Wellness Fair <input type="radio"/> Take a professional development class with Human Resources
Select at least one from the remaining dimensions below:		
Emotional		<input type="radio"/> Massage Therapy
Environmental		Attend an Outdoor Adventure and Recreation event <input type="radio"/> Rollout and Ride <input type="radio"/> Bike to Work Day
Social		<input type="radio"/> Anthem Corporate Run (If you are cheering and not participating) <input type="radio"/> Busch Gardens Day <input type="radio"/> Winter Celebration <input type="radio"/> Springfest <input type="radio"/> Service Awards <input type="radio"/> Fishing Tournament
Spiritual		<input type="radio"/> I expanded my sense of purpose and meaning in life.

Other- Must be an approved URWell Employee event. Additions to this list will be added throughout the year, if you participate in an event that was added please write it in here. **Other:** _____

I certify that the selections listed above are an accurate representation of my personal wellness activities. Please send completed forms to hsadowsk@richmond.edu or via campus mail to Recreation and Wellness. Incentive pending on verification of completed events.

Employee Signature

Date