

OUR 2015 HEALTHY YOU AND PROSPEROUS YOU PROGRAMS

Wellesley College is pleased to announce our 2015 health and well-being events—and an enhanced Healthy You incentive program. This summary provides information about these events, an overview of the incentives you can earn and a reminder of the financial and retirement planning services we offer. Take a look and continue the journey toward health and prosperity for yourself.

Continuing the Journey – with Healthy You

For 2015, the College is partnering with our providers to host events that encourage you to take action and improve your health. We're holding our second annual Active You Walking Challenge and introducing a new incentives program. Plus, you'll see a new lunchtime series with Harvard Pilgrim and more online resources and programs.

Healthy You Incentives

Put money in your pocket by participating in the Healthy You program!

THE INCENTIVES ADD UP!

- \$150** – for completing three healthy activities
- \$50** – when your covered spouse completes the HQ
- \$100** – value of the Walking Challenge FitBit

- \$300**

Start now and complete three activities by June 30 to receive your VISA gift card. See the next page for all the details.

Our 2nd Annual Active You Walking Challenge

Our first-year challenge was very successful, with 500 walkers! We'd like all 500 back and 200 more for 2015. Find out more and join the Challenge—from April 1 through May 30.



Launch Event Party

Wednesday, March 25, 8:30 to noon, Alumnae Ballroom

Join us for the Walking Challenge Launch Event! Take advantage of healthy food...Meet our vendors and get give-aways...Go to a FitBit training session...Get your biometrics done...All while you register for the Challenge.

Watch for your invitation in early March – and then start walking!

Walking Challenge Award and Celebration Party

Thursday, June 4, starting at 3:30 p.m., Alumnae Ballroom (biometrics starting at 2:00 p.m.)



Celebrate the end of the Active You Walking Challenge, congratulate your fellow participants and get motivated to continue walking throughout the year. We'll have more healthy food, more prizes and another opportunity to get your biometrics done. See you there!



NEXT UP! RESISTANCE TRAINING, WITH HARVARD PILGRIM

Wednesday, February 18, 12:30 to 1:30 p.m.,
Library Lecture Room

Designed to improve muscular fitness, resistance training can be an important component of your fitness program. All are welcome with no special clothing, equipment — or even an RSVP — required. Attendees receive a free resistance band.

More About the Incentives

With this year's incentives program, you earn \$150 just by completing three healthy activities. Remember, too, that all benefit-eligible employees can participate (even if you're not covered by our medical plan). Your spouse can earn another \$50 if he/she is covered by our medical plan. See the chart below for the activities that qualify.

If you complete three of the following...

- Take the online* Health Questionnaire (you must be covered by one of our medical plans)
- Get your biometrics done at the Active You Walking Challenge launch or celebration events
- Participate in this year's Active You Walking Challenge
- Watch an online* video (or two!) about healthy living; each video counts as one activity

You earn a
**\$150 VISA
gift card**

If your covered spouse completes the HQ...

He/she
earns a
**\$50 VISA
gift card**

*Go to www.harvardpilgrim.org/wellesleycollege to get started.

All activities must be completed between now and June 30 to earn the gift card.

Ongoing Programs

Many programs are available just by going online. Find out more and participate at your leisure.

meQuilibrium

Go to <https://www.mequilibrium.com/wellesley>

meQuilibrium helps you reduce stress by looking at your personality type and how you typically respond in stressful situations. You're given tried and true ways of coping and reducing stress in your life.

MEQUILIBRIUM INCENTIVE. This year, we're introducing a meQuilibrium incentive. To earn a **\$25 VISA gift card**, you must:

- Establish a meQuilibrium account (go to the URL above)
- Take the meQuilibrium stress assessment and
- Complete the Boot Camp segment (and earn a badge).



Care.com

Go to wellesley.care.com

Care.com will help you find quality caregivers (e.g., babysitters, nannies, senior care providers, dog walkers, housekeepers and more). Care.com does all the background checks, references and ratings for ongoing, occasional or last-minute care. Sign up using your Wellesley.edu email address. Then update your account to change to a personal email address if you prefer.

"I used Care.com to find a date night sitter and my children loved her so much we hired her as our full-time nanny! The site is easy to use and saved me the time and money in going through a nanny agency. I received messages from caregivers within the first three hours of posting my job."

ESI Wellness

ESI (Early Symptom Intervention) is a free Healthy You program for anyone with aches or pains. By using a unique form of manual physical therapy, their clinicians can alleviate most common musculoskeletal conditions that come from long sitting, repetitive motions, and emotional stress. They will work with you to relax your muscles, realign your body and give you more information to prevent these conditions in the future.



ESI has weekly appointments at the Physical Plant every Wednesday from 7:30 to 11:00 a.m. To learn more or to sign up, contact Cynthia Cox at 781-283-2760 or ccox@wellesley.edu.

“The ESI program is a wonderful benefit for employees. Just a few sessions increased my range of motion and cut my pain level in half. Thank you.”



EatRight RewardsSM Pilot Program

Want to Test a Grocery Shopping App and Receive Rewards? We're looking for faculty and staff to try out Harvard Pilgrim's EatRight Rewards program. Through your own shopping experience, you become more aware of your eating habits and earn coupons (typically \$150-\$200 per year) based on your healthy grocery purchases. Plus, you receive easy recipes and practical nutrition tips. Participating stores currently include A&P, Food City, Hannaford, Roche Bros., Shaw's, Star Market, Stop & Shop and Wegmans. If you're interested in joining this pilot, contact Human Resources at Ext. 3289.

Medical Plan Lunch Series

This series is geared to those enrolled in the new PPO Plus HSA Medical Plan, but the sessions are open to everyone. Lunch will be provided, and you must RSVP to Ext. 3289 to attend. (If you don't want to wait for a session, call Human Resources at Ext. 3202 to get your questions answered.)

All presentations will be videotaped and made available on the Human Resources website to watch at any time. (Go to the PPO Plus HSA Plan screen to view the sessions.)

Tips on Using the PPO Plus HSA Medical Plan

Thursday, March 5, 12:30 to 1:30 p.m., Library Lecture Room

This session will provide an overview of the PPO Plus HSA Plan with a special emphasis on how you can optimize your use of the Health Savings Account (HSA). Learn more about this plan and your account, plus the benefits of the HSA. RSVP to Ext. 3289 to attend.

The PPO Plus HSA Medical Plan: Payment and Reimbursement Options

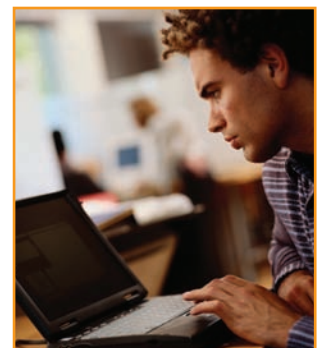
Wednesday, March 25, 12:30 to 1:30 p.m., Library Lecture Room

During this session, Harvard Pilgrim will review the claims process and your payment options. This way, you determine how best to use the plan when you visit a doctor, dentist, pharmacy or hospital. RSVP to Ext. 3289 to attend.

A Closer Look at the Harvard Pilgrim Activity Summary Tool

Wednesday, June 10, 12:30 to 1:30 p.m., Library Lecture Room

This web tool allows you to view your current medical claims and see how close you are to meeting your annual deductible. Learn how to access the tool and what information it can provide. RSVP to Ext. 3289 to attend.



**A Closer Look at the
Harvard Pilgrim
Now iKnowSM Tool**

Tuesday, September 15,
12:30 to 1:30 p.m., Library
Lecture Room

The Now iKnow tool can give you: comparative fees for network providers, estimates for specific services based on your medical plan, physician and hospital quality ratings and up-to-date information about your own expenses. Get the information you need to use Now iKnow. RSVP to Ext. 3289 to attend.

Investing Your Health Savings Account

Wednesday, December 9, 12:30 to 1:30 p.m.,
Library Lecture Room

With the HSA, you can invest all or a portion of your account and benefit from earnings for future health care expenses. This session will review your investment options and explain how to access and move money between funds. RSVP to Ext. 3289 to attend.



**Continuing the Journey – with
Prosperous You**

As part of our Prosperous You program, we offer one-on-one planning for all faculty and staff. You may contact TIAA-CREF for information about investment choices and strategies at any time. Our Certified Financial Planners are available for guidance on broader financial and retirement planning (one session per year).

TIAA-CREF Investment Planning

Make an appointment by going to www.tiaa-cref.org/letstalk or calling **1-800-732-8353** (Monday through Friday 8 a.m. to 8 p.m.)

TIAA-CREF financial consultants give you knowledgeable, customized options to help you meet your financial goals and develop a personalized approach to your savings and investment strategies.



Certified Financial Planning Benefit

Make an appointment by calling Ext. 2215 or 2212

The College provides all benefit-eligible employees with a free annual appointment with a Certified Financial Planner (CFP). These planners are independent and give comprehensive and unbiased guidance on your short- and long-term financial planning and retirement goals. All you do is schedule the time.