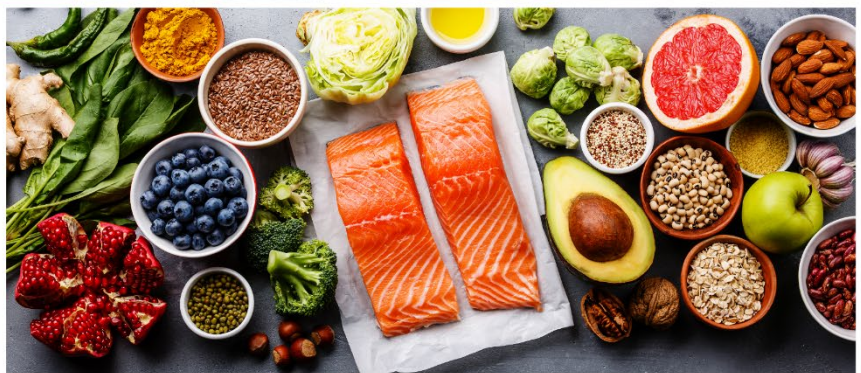
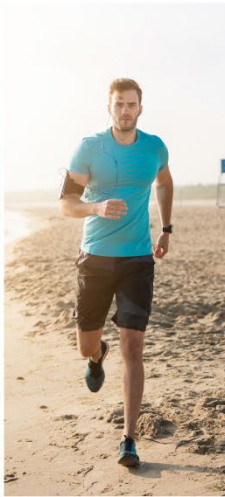


2022 MY WELLNESS ACTIVITY GUIDE



**BE THE
DIFFERENCE.**



ENROLL TODAY!

1. Visit marquette.mywellportal.com.
2. New users will select 'Register for a new account' and enter the code 'marquette'.
 - Employees will enter their MU ID
 - Spouses will enter the employee's MU ID + S + DOB
3. Select the 'My Wellness' tile on the homepage to enroll in the 2022 program.

The My Wellness program is offered to all employees and spouses. After you're enrolled, you can complete the qualifying wellness activities listed to begin earning points! This guide will help you understand each wellness activity and how to earn points upon completion.

To earn an FSA/HSA payout in 2023 and/or be entered into the quarterly raffle, you will need to achieve one of the wellness levels by September 30, 2022.

**Only employees and spouses on the medical plan are eligible for the FSA/HSA payout incentive. All participants are eligible for the quarterly raffles.*

QUESTIONS? CONTACT MARQUEE HEALTH AT MYREWARDS@MYWELLPORTAL.COM OR 800.882.2109





MARQUETTE UNIVERSITY MY WELLNESS ACTIVITIES

January 1, 2022 – September 30, 2022

QUALIFYING WELLNESS ACTIVITIES	POINTS EARNED	FREQUENCY
Enroll in My Wellness Program	25	Once
Annual PCP Visit	50	Once
Completed Lab Work with PCP or Specialist	50	Once
Health Risk Assessment	25	Once
Complete a Telephonic or Email Coaching Program	50	Once
Flu Shot	25	Once
8,000 Steps per Day	1	Daily (Max of 200)
Spiritual Wellness	25	Max of 2
Emotional Health Activity or Animo cCBT	25	Max of 3
Wellness Challenges	25	Max of 4
Preventive Care Visits	25	Max of 4
External Wellness Experiences	10	Max of 5
Marquee Health Webinar or Video	5	Max of 10
Marquette Wellness Experiences	10	Max of 10

EMPLOYEES AND SPOUSES ON THE MEDICAL PLAN MUST ACHIEVE ONE OF THE WELLNESS LEVELS BELOW BY SEPTEMBER 30, 2022 TO EARN THE FSA/HSA PAYOUT IN 2023. ALL PARTICIPANTS MAY EARN QUARTERLY RAFFLE ENTRIES BY ACHIEVING ONE OF THE WELLNESS LEVELS BELOW.

	CPHP Plan		AHDHP & EHDHP Plans		All Participants
	Employee Only FSA Contribution	EE + Spouse, EE + Child(ren) or Family FSA Contribution	Employee Only HSA Contribution	EE + Spouse, EE + Child(ren) or Family HSA Contribution	Raffle Entries
Level 1: 100 Pts	\$37.50	\$75.00	\$75.00	\$150.00	1 Entry
Level 2: 200 Pts	\$75.00	\$150.00	\$150.00	\$300.00	3 Entries
Level 3: 300 Pts	\$125.00	\$250.00	\$250.00	\$500.00	5 Entries
Level 4: 400 Pts	\$125.00	\$250.00	\$250.00	\$500.00	10 Entries
Annual Maximum	\$125.00	\$250.00	\$250.00	\$500.00	

MY WELLNESS PROGRAM ENROLLMENT

Enroll in the My Wellness program and earn 25 points!

How to Earn Points:

Visit the My Wellness page at marquette.mywellportal.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately.

ANNUAL PCP VISIT

Complete your annual visit with your Primary Care Physician to discuss your current health status. Exams completed between October 2021 – September 2022 will be accepted.

How to Earn Points:

Visit the My Wellness page at marquette.mywellportal.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately.

COMPLETE LAB WORK WITH PCP OR SPECIALIST

Complete your annual bloodwork with your Primary Care Physician or at a lab.

How to Earn Points:

Visit the My Wellness page at marquette.mywellportal.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately.

HEALTH RISK ASSESSMENT

To get started, log into marquette.mywellportal.com, hover over the 'Health Tools' tab and select 'Wellness Assessment.' Select the 'Get Started' button to begin. Upon completion, select the green 'Submit' button to submit your answers and receive your personal health results.

How to Earn Points:

Visit the My Wellness page at marquette.mywellportal.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately.

COMPLETE A TELEPHONIC OR EMAIL COACHING PROGRAM

Each coaching program consists of four sessions with your dedicated health coach. To enroll, call a Marquee Health Coach at 800-882-2109 option 1 or email coaching@marqueehealth.com and reference Marquette University. The deadline to enroll in a program to be eligible for points is August 17, 2022 and you must complete all four sessions to qualify. Participants are welcome to continue engaging in a coaching program beyond the four sessions, but only four sessions are required to earn points.

How to Earn Points:

The points will be uploaded to your My Wellness page by Marquee Health within 15 days of completing a telephonic or email health coaching program.

WELLNESS CHALLENGES

Prior to the beginning of a new challenge, you will receive an email inviting you to enroll. All challenge-related activities will be tracked within the 'Challenges' page at marquette.mywellportal.com.

How to Earn Points:

The points will be uploaded to your My Wellness page by Marquee Health within 15 days of completing a wellness challenge.

PREVENTIVE CARE EXAMS

Age or gender appropriate exams can include a dental exam, vision exam, mammogram, colonoscopy, prostate exam, skin cancer screening, or well woman visit. Exams completed between October 2021 – September 2022 will be accepted.

How to Earn Points:

Visit the My Wellness page at marquette.mywellportal.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately.

MARQUEE HEALTH WEBINAR OR VIDEO

To view a webinar or video, log into marquette.mywellportal.com, hover over the 'Health Tools' tab, select 'Webinars' or 'Videos' and click the webinar/video you would like to view.

How to Earn Points:

Visit the My Wellness page at marquette.mywellportal.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately.

8,000 STEPS PER DAY

How many steps do you take each day? Make it your goal to achieve 8,000 steps!

Manually enter daily steps:

Click on the 'My Wellness' tile on the homepage of your portal. Click on this activity and select the day you wish to log your activity within the 'Log Date' navigation bar. Select the '8,000 Steps or More' option and click 'Save'.

Sync a compatible fitness device for automatic uploads:

1. In the 'My Wellness' page on marquette.mywellportal.com, click the 'Profile' button in the Challenge Log toolbar.
2. Click the Sync Device button in the My Progress tab.
3. Use the drop-down list of Activity Trackers and select your personal device.
4. Click Authorize. You may need to disable your pop-up blocker.
5. Log in to your fitness device's website and authorize your device to be connected.
6. Click Save on your Profile.
7. The initial sync will take 24-48 hours to connect. Manually tracking activity for the first 48 hours is recommended.

How to Earn Points:

The points will be awarded upon manually verifying that you achieved 8,000 steps in a single day or by syncing a compatible fitness device. A maximum of 200 points may be achieved.

MARQUETTE WELLNESS EXPERIENCES

Participate in any of the fun wellness experiences offered through Marquette University – GROW with Marquette class, Innovation Kitchen, Group Fitness, Meditation, or Financial Wellness Classes.

How to Earn Points:

Visit the My Wellness page at marquette.mywellportal.com and click on this activity. Change the dial from 'No' to 'Yes', enter the name of the event in the Notes section and click 'Save' to see your points update immediately.

EXTERNAL WELLNESS EXPERIENCES

Get involved in your community by joining a gym, attending a fitness class or competition, engaging in community service or donating blood.

How to Earn Points:

Visit the My Wellness page at marquette.mywellportal.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately.

FLU SHOT

Complete your annual flu shot in the fall. Vaccines completed in 2021 or 2022 will be accepted.

How to Earn Points:

Visit the My Wellness page at marquette.mywellportal.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately.

EMOTIONAL HEALTH ACTIVITY OR ANIMO CCBT

You have access to an Employee Assistance Program (EAP) through Advocate Aurora, SilverCloud – an app for mental health resources or Animo cCBT - a computerized cognitive therapy platform to help you address mental health concerns. Engage with any of these programs to earn points!

How to Earn Points:

Visit the My Wellness page at marquette.mywellportal.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately.

SPIRITUAL WELLNESS

Participate in a spiritual wellness retreat or a Faber center program.

How to Earn Points:

Visit the My Wellness page at marquette.mywellportal.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately.

**FOR ADDITIONAL INFORMATION REGARDING YOUR MY WELLNESS PROGRAM: VISIT
MARQUETTE.MYWELLPORTAL.COM.COM / MYREWARDS@MYWELLPORTAL.COM / 800.882.2109**