



Continue to Make Yourself and Your Health a Priority with Virtual and Self-Paced Employee Wellness Offerings

Upcoming offerings that can be viewed/completed from any location:

Activity	Date/Time	Points	How to Participate
Virtual Faculty/Staff Total Body Toning - All fitness levels welcome!	Every T/TH	10 per class	Visit tinyURL.com/WYWcalendar and register for each individual class you would like to attend.
Webinar: Local Produce	July 9 12-1 pm	10	Click here to register
Financial Wellness Webinar: Safeguard Yourself from Identify Theft	July 14 12-1 pm	10	Click here to register
Webinar: Sustainable Dietary Patterns and Food Waste	July 29 12-1 pm	10	Click here to register
Webinar: Resilience in Times of Change	August 5 12-1 pm	10	Click here to register
Mind/Body Challenge	Sept. 14 – Oct. 11	20	Visit www.kent.edu/hr/wellness/join-challenge for details and to register. Register by Sept. 9!
Visit https://www.kent.edu/hr/wellness/wellness-events to stay up to date on the latest offerings			

Tier 2 activities that can be completed on your own time from any location:

Activity	Points	How to Complete
Smoke & Tobacco Free Declaration Form	25	Login to your Be Well Solutions portal . Select “Wellness Reward Program” under “My Wellness” and locate FORM 05 - SMOKE & TOBACCO FREE DECLARATION. Fill out the declaration statement and send in the form to Be Well.
Telephonic and Virtual Health Coaching with Be Well Solutions	Up to 50	To schedule a health coaching appointment, login to your Be Well Solutions portal . Once logged in, click on “Telephonic Coaching” or “Virtual/Video Coaching” under “My Appointments”. Be Well Solutions will automatically apply your points for Tier 2 following the session. If you complete a health coaching session with another certified health coach of your choosing, submit FORM 08-HEALTH COACHING.
Wellness Promoter Form	20	Login to your Be Well Solutions portal . Select “Wellness Reward Program” under “My Wellness” and locate FORM 10 - WELLNESS PROMOTER. Describe how you encourage wellness among coworkers at Kent State and send in the completed form to Be Well Solutions.

Activity	Points	How to Complete
Wellness Your Way Form	Up to 40	Login to your Be Well Solutions portal . Select “Wellness Reward Program” under “My Wellness” and locate FORM 11 - WELLNESS YOUR WAY. Fill out the form by describing your own, self-directed wellness activity. This may range from training for a 5K to daily meditation. Can submit twice.
Resilience Journey on the IMPACT Website	30	Visit www.MyImpactSolution.com . The member username to login to the site is “Kent”. Then, find the Resilience Journey by clicking on the “Resilience” tile on the IMPACT home page. The module takes 1.5 to 2 hours to complete and does not need to be finished in one sitting. Once completed, print the certificate of completion. For points to be applied to Tier 2, log in to the Be Well portal, under “My Wellness” and “Wellness Rewards Program”, and print “FORM 16-RESILIENCE JOURNEY”. Submit form, with certificate of completion, to Be Well Solutions.
IMPACT Solutions Scavenger Hunt	20	Log in to the Be Well Solutions portal , under "My Wellness", select "Wellness Rewards Program", print and complete the "FORM 17-IMPACT Scavenger Hunt" form. Return completed form to Be Well Solutions and earn 20 points.
Be Well Solutions Scavenger Hunt	20	Log in to the Be Well Solutions portal , and under "My Wellness", select "Wellness Rewards Program", print the "FORM 18-Be Well Scavenger Hunt" form. Return completed form to Be Well Solutions and earn 20 points.
Resiliency Skills Training Series on the IMPACT Website	Up to 40	The Resiliency Skills Training Series can be found in the Stress Less Center tile on the IMPACT Solutions website at www.MyImpactSolution.com . Login with username: Kent. Start with the introduction, Mental Resilience: Bounce Back Faster, and then select 3 additional modules to complete. Each module will take 15-20 minutes to complete, and this does not need to be completed in one sitting. Attach the certificate of completion for each module to FORM 20 - RESILIENCY SKILLS TRAINING SERIES. Can submit twice.
Financial Fitness Checkup and Online Courses on the IMPACT Website	Up to 40	The Financial Fitness Checkup can be found in the Financial Fitness Center tile on the IMPACT Solutions website at www.MyImpactSolution.com . Login with username: Kent. Start by completing the Checkup, then select 3 online courses from the Financial Fitness Center to complete. Each course will take 15-20 minutes to complete, and this does not need to be completed in one sitting. You must create an account on the IMPACT website to participate. Attach the certificate of completion for each online course to FORM 21 - FINANCIAL FITNESS CHECKUP & ONLINE COURSES. Can submit twice.
Be Well Solutions Video Library	Up to 60	NEW! Log in to the Be Well Solutions portal and click on “Video Library” under “My Resources”. Watch an educational video and complete (and pass) the quiz to earn Tier 2 points. Videos less than 20 minutes are worth 10 points, and videos over 20 minutes are worth 15 points. Points will be added automatically by Be Well on the 1 st and 15 th of each month.