



Continue to Make Yourself and Your Health a Priority (And Earn Wellness Reward Points!) with Virtual and Self-Paced Employee Wellness Offerings

Ongoing Employee Wellness offerings that can be completed from any location:

Activity	Points	How to Participate
Weekly Virtual Faculty/Staff Lunchtime Exercise Classes	10 per class	Visit the Employee Wellness Calendar to register for Total Body Toning (Monday/Wednesday), Yoga (Tuesday) and Cardio Kickboxing (Friday). Classes are from 12:15-1:00 pm.
Webinars	10	Visit the Employee Wellness Calendar to locate and register for upcoming webinars. Financial wellness webinars can also be found on our Financial Wellness Programming page.
Challenges	Varies	Visit our Employee Wellness Challenges page to register for upcoming challenges. All challenges are completed online.

[Tier 2](#) activities that can be completed on your own time from any location:

*To access forms, login to the [Be Well Solutions portal](#) and click on “Wellness Reward Program” under “My Wellness”. Open the Tier 2 dropdown box. Forms are located under the “What to Submit” column. Completed forms can be uploaded to the portal using the “Submit” button next to each category or submitted to Be Well Solutions using the contact information provided on the bottom of each form.

Activity	Points	How to Complete
Smoke & Tobacco Free Declaration Form	25	Locate form 4-Smoke- and Tobacco-Free Declaration, complete the declaration statement, and submit it to Be Well Solutions.
Health Coaching	Up to 50	To schedule a complimentary health coaching session with Be Well Solutions, login to your Be Well Solutions portal and click on “Virtual/Telephonic Nutrition Counseling and Health Coaching” under “My Appointments”. Locate and click on the link for health coaching. Be Well Solutions will automatically apply your points following the session. If you complete a health coaching session with another certified health coach of your choosing, submit form 6-Health Coaching.

Self-Paced [Tier 2](#) activities, continued:

Activity	Points	How to Complete
Nutrition Counseling	Up to 40	To schedule a complimentary nutrition counseling session with Be Well Solutions, login to your Be Well Solutions portal and click on “Virtual/Telephonic Nutrition Counseling and Health Coaching” under “My Appointments”. Locate and click on the link for nutrition counseling. Be Well Solutions will automatically apply your points following the session. If you complete a session with another registered dietitian of your choosing, submit form 7-Nutrition Counseling.
3/3/30 Exercise Tracker	50	NEW for 2021! Choose 3 consecutive months to exercise 3+ times each week for at least 30 minutes. Track your exercise using form 9-3/3/30 Exercise Tracker and submit it to Be Well.
Wellness Your Way Form	Up to 40	Fill out form 12-Wellness Your Way by describing a self-directed wellness activity of your choosing. This may range from training for a 5K to daily meditation. Can submit twice.
Wellness Promoter Form	20	Use form 13-Wellness Promoter to describe how you promote wellness at Kent State in such a way that encourages your fellow employees to participate in wellness programming. Examples include being an Employee Wellness Ambassador or informally encouraging coworkers with walks/rides at lunch.
Small Group Book Discussion	Up to 40	NEW for 2021! Book clubs are a great way to enjoy a book while building camaraderie, comfort, and teamwork. Identify a book (100+ pages), read it in full, and participate in a book discussion with at least two other KSU employees. Visit our book club page for inspiration and good reads! Following your discussion, submit form 14-Small Group Book Discussion. Do this twice during the year to earn max points for this category.
Be Well Video Library	Up to 30	Login 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 5 points, and videos over 20 minutes are worth 10 points. Points will be added automatically by Be Well on the 1 st and 15 th of each month.
Be Well Solutions Scavenger Hunt	20	Complete form 18-Be Well Scavenger Hunt and get to know more about the portal, as well as Be Well Solutions services and how Be Well can support your personal wellness journey.
IMPACT Solutions Scavenger Hunt	20	Did you know your IMPACT Solutions Employee Assistance program provides services to you, your eligible dependents, and your parents and parents-in-law? Complete form 19-IMPACT Scavenger Hunt (form will be available soon) and get to know more about eligibility, programs, and services!