Welcome to the Frequently Asked Questions (FAQs) page. On this page, you will find answers to the most commonly asked questions about Wesleyan’s Incentive Point Program rewards.

INFORMATION ABOUT THE PROGRAM

What is the Wesleyan Incentive Point Program?
Wesleyan’s Incentive Point Program is a way for you and your spouse/partner to get rewarded for participating in health improvement programs. By actively participating in programs and reaching certain milestones offered by Wesleyan, you will be eligible for points that can be redeemed for payments.

Why should I participate?
You should participate because it gives you the chance to improve your health and be rewarded for it! Improving health is something everyone should do because it will help you feel better, live longer and have fewer health complications. You also get rewarded for taking steps to get there!

Do I have to pay to participate?
No. There is no cost for individuals to participate in and complete program activities.

GETTING STARTED

How do I start?
Choose a milestone that you would like to complete. You can learn more about each milestone in the following pages. As you complete each activity, log it into the Account Summary form.

Can my spouse or partner participate in this program?
Yes.

EARNING AND REDEEMING POINTS

Is there a limit on the number of points I can earn?
Yes. You can earn up to 150 points semiannually (end of June, end of December). Once you have reached that number of points, you can continue to take part in health improvement programs, but you will not earn additional points.
Do I have to pay taxes on the rewards I earn?
   Yes. You will receive a taxable payment in your paycheck.

What happens if I don’t use all my points this year?
   Points do not rollover so, if you do not use them, they expire every six months.

Do I have to pay taxes on the rewards I earn?
   Yes. You will receive a taxable payment in your paycheck.

What happens to my points if I leave Wesleyan or if Wesleyan decides not to offer the Incentive Points Program next year?
   Yes. If you leave Wesleyan, you will no longer be eligible to earn credit for completed activities and you will lose credit for points already earned but not redeemed. If Wesleyan no longer offers the Incentive Points Program, your points will expire when the program ends.

POINT TRACKING AND SELF-REPORTING

How and where do I track my program milestones, activities and points earned?
   As you complete each activity, log it into the Account Summary form.

How do I redeem my points?
   After you have completed and signed your Account Summary form, send it to benefits@wesleyan.edu or mail the hard copy to the Benefits Office in Human Resources. You should send your completed Account Summary in December and June. Please do not send it as you complete each activity. Payment will be included in your paycheck two months after each six month period has ended. For January through June, payment will be made in August. For July through December, payment will be made in February.

MILESTONES

1-7: Descriptions are self explanatory

8. Complete my monthly healthy eating program

Good nutrition is an important part of a healthy lifestyle. But, sometimes it can be hard to know what good nutrition is, or how to start making changes that you can live by – for your lifetime. Whether your goal is to feel good, manage your weight, or prevent health problems, you can now participate in a program that offers additional motivation for healthy eating.

Healthy eating is not a diet. It means making changes you can live with and enjoy for the rest of your life. And it starts with new ways to eat, such as eating more fruits, vegetables, and whole grains, and cutting back on foods that have a lot of fat, sugar and salt.

Meet one of the following goals each month to earn 5 points:
   1. Eat a combination of at least 4 servings of fruits and/or vegetables a day for the month
   2. Reduce sodium intake to less than 2,300 milligrams daily for the month.
   3. Eat breakfast every day and include 15 grams of protein.
   4. Consume at least half of all grains as whole grains for the month.
   5. Go meatless two days a week for the month.
6. For dairy products, eat/drink only fat-free and low-fat products for the month.
7. Drink at least eight glasses (8 ounces each) of water a day for the month.
8. If you drink soda daily, cut your consumption in half each day for the month.

You can earn a maximum of 5 points each month. To report your completed healthy eating activity on a monthly basis and earn points for this important action, you’ll be required to enter the following information in your Account summary:

- Date Completed: The last day of the month that you met your healthy eating goal.
- Activity Name: Enter “Healthy eating.”
- For description, you should also enter which healthy eating goal you met.

You are also required to agree to a statement saying your report is truthful and that you have reported your activity accurately.

9. Complete an annual weight management activity

Heavy weight and obesity are major health issues for many Americans today. If you’re one of the millions of Americans who struggle to maintain a healthy weight, you’re not alone. In today’s fast-paced society, it can be difficult to find the time to cook healthy meals, and it’s often more convenient to go to a drive-through.

You will be awarded points for successfully completing a sponsored weight loss program and reaching your target weight. A sponsored weight loss program could include, but is not limited to, the following:

- Weight Watchers®
- Jenny Craig®
- Nutrisystem®
- Medifast
- Community or health care facility sponsored program

To report your completed weight management activity and earn points for this important action, you’ll be required to enter the following information in your Account summary:

- Date Completed: The date you reached your target weight and completed your weight loss program.
- Activity Name: Enter “Weight management.”
- For description, you should enter the name of the weight loss program.

You are also required to agree to a statement saying your report is truthful and that you have reported your activity accurately.

10. Complete a monthly physical activity

You know that physical activity is an important part of a healthy lifestyle, but sometimes it's hard to stay motivated. With everything you have going on, getting to the gym or meeting a friend for a walk can seem like something that's just not worth the time, but every step you take is a step toward better health - and toward Wesleyan Incentive Points.

There are a number of ways to incorporate physical activity into your life and earn points at the same time. You will be awarded 5 points for each month you successfully meet the following guidelines:

- Exercise 30 minutes a day for at least 4 days a week.
- Exercise should include a moderate or vigorous activity level for your personal abilities.
- Exercise can include any combination of aerobic or muscle strengthening activities.
- Examples of aerobic activities include, but are not limited to, walking, jogging, biking, swimming and Zumba.
- Examples of muscle strengthening activities include, but are not limited to, yoga, Pilates and weightlifting.

You can exercise at whatever time and location works for you. Wesleyan provides an excellent athletic center that is accessible to all faculty and staff. The Freeman Athletic Center offers a fitness room, indoor and outdoor...
tracks, pool, basketball courts and racquetball courts. In addition, there are great adult fitness classes in the morning and at lunchtime. For schedules, please go to: http://www.wesleyan.edu/athletics/adultfitness/

You can earn a maximum of 5 points each month. To report your completed physical activity monthly and earn points for this important action, you will be required to log your activities each day and then enter the following summary information each month in your Account summary:

- Date Completed: The last day of the month you were active.
- Activity Name: Enter “Physical activity.”
- You can also enter a brief description of how you got moving, but it is not required to earn points.

You will also be required to agree to a statement saying your report is truthful and that you have reported your activity accurately.

11. Complete a monthly health management activity

You know that it’s important to lead a healthy lifestyle, but sometimes it’s hard to know where to start, and even harder to stay motivated. But with Wesleyan’s Points Program, you now have some incentives to take action. Not only will you feel better about changing your lifestyle habits, but you’ll earn valuable points. You will be awarded 5 points for each month you successfully complete an activity listed below. You can earn a maximum of 5 points a month.

Here are the activities that you can help you improve your lifestyle habits while also earning points:
- Attend a Wesleyan Lunch & Learn Program or a Challenge Series Event sponsored by the Adult Fitness Program
- Bring a Wesleyan colleague (who has not participated previously in the adult fitness classes) to an Adult Fitness class four times.
- Participate in a sponsored fitness event that can include, but is not limited to:
  - Walking/running event – 1 mile fun walk, 5K, 10K, half or whole marathon
  - Multisport – duathlon, triathlon, Iron Man
  - Cycling event – charity or sponsored
  - Intramural league – basketball, softball, volleyball
  - Golf event – charity or sponsored

You can earn a maximum of 5 points each month. To report your completed health management activity on a monthly basis and earn points for this important action, you’ll be required to enter the following information in your Account summary:

- Date Completed: The date you completed your required health management activity
- Activity Name: Enter “Health management.”
- You should also enter a brief description of how you completed your health management activity.

You are also required to agree to a statement saying your report is truthful and that you have reported your activity accurately.