

Quick Reference Guide

Part 1: DEPAUW BASE CONTRIBUTION	Frequency	Employee Only	Spouse	Employee +Child(ren)	My Plan
DePauw Base Contribution	Annually	\$250	\$250	\$500	Automatic
PART 2: ASSESS AND LEARN					
PART 2: ASSESS AND LEARN	Frequency	Employee Only	Spouse	Employee +Child(ren)	My Plan
Annual Physical	Annually	\$150	\$150	\$300	
Preventive Health Care Screening	Annually	\$150	\$150	\$300	
Annual Labwork/Biometrics	Annually	\$100	\$100	\$200	
Smoking Cessation Program	Annually	\$150	\$150	\$300	
Weight Management or Nutrition Program	Annually	\$150	\$150	\$300	
Individual Health Coaching Session	Up to eight annually	\$25	\$25	\$50	
Improve your Health Seminars (Stress Management, Financial Health, Lunch & Learn, HRH Health Seminars)	Up to eight annually	\$25	\$25	\$50	
Lifestyle Competency Modules in OurHealthyTigers	Up to four topics annually	\$25	\$25	\$50	
Maximum for Part 2		Max \$500	Max \$500	Max \$1000	
PART 3: FITNESS ACTIVITIES					
PART 3: FITNESS ACTIVITIES	Frequency	Employee Only	Spouse	Employee +Child(ren)	My Plan
Minimum of 150 minutes of physical activity per week for six weeks	Quarterly	\$100	\$100	\$200	
Minimum of 42,000 steps per week for six weeks	Quarterly	\$100	\$100	\$200	
Group Fitness Activities Complete two group physical activities per week for six weeks	Quarterly	\$75	\$75	\$150	
Wellness Walk or Complete a 5K walk	Quarterly	\$25	\$25	\$50	
Half Marathon, Marathon or Triathlon	Annually	\$250	\$250	\$500	
Maximum for Part 3		Max \$250	Max \$250	Max \$500	