MY WELLNESS MEANS

BE ACTIVE
EAT HEALTHY
WORK-LIFE FIT
WORK HEALTHY
EMPOWER & APPRECIATE

Join the culture of health

HOW WILL YOU IMPROVE YOUR WELLNESS?

Don’t miss out on the 2017 Wellness Incentive.

A new payout structure:

TIER 1: EDUCATE YOURSELF - Earn $50* in your final May 2017 paycheck** by watching the new Healthy for Life video and completing a Personal Health Assessment by April 30, 2017. There is no Wellness Pledge this year.

TIER 2: INVEST IN YOURSELF - Earn $400* in your final October 2017 paycheck** by completing Tier 2 by September 30, 2017. We’ve added new activities to help you empower yourself and appreciate your coworkers, like Diversity and Inclusion and community service opportunities.

LEARN MORE AT HTTP://UMURL.US/INCENTIVE

* Your 2017 Wellness Incentive earnings will be taxed and voluntary retirement contributions will be deducted, just like with other earnings.
**Any university faculty and staff member may participate in Wellness Incentive activities, but only employees who meet the following conditions at the time of payout can earn incentive money (i.e., $50 in the last paycheck of May 2017 and $400 in the last paycheck of October 2017):
1. The employee’s primary status is active.
2. The employee is at least .75 FTE and pays premiums for a University of Missouri System medical insurance plan (i.e., is a primary subscriber).
3. To earn Tier 2 payout, the employee must have completed Tier 1 by April 30, 2017.