Get Your 2019 - 2020 Wellness Incentives

Leading a healthy lifestyle is such an important part of the Ball State culture that we want to reward your efforts. The BeWell and LiveWell incentive programs are separate programs and you are encouraged to participate in both!

**Live Well**

You must be a benefit eligible employee to receive this incentive. If your spouse is enrolled and has Ball State insurance as their primary health insurance, they are also eligible.

**What Do You Need To Do?**

- Access a **NEW** account in LifeWorks this year. Setup your profile to add as much information as you would like.
- Commit to Ball State’s Beneficence Pledge. (Review the pledge and indicate your commitment on the Incentive Confirmation & Voucher Form)
- Participate in at least five (5) activities ([List of activities can be found on our webpage](#))
- Complete the “LiveWell Incentive Confirmation & Voucher Selection” form

After completing the necessary steps, you will be eligible to receive one of the following:

- 2-$90 vouchers for services/fees offered by Recreational Services
- $150 toward Adult Physical Fitness Program membership
- $90 voucher for services/fees offered by Emens, Pruis or University Theater
- $90 voucher for services/fees offered by Outdoor Pursuits
- $90 voucher for services/fees offered for Cardinal Kids Camp during summer

**Be Well**

You must be enrolled in Ball State’s health insurance plan to be eligible for the incentive. If your spouse is enrolled and has Ball State insurance as their primary health insurance, they are also eligible.

**What Do You Need To Do?**

- Complete your annual physical with your primary care physician before October 31, 2020
- [Register](#) and use Engage to help navigate your health care costs. *Engage helps you make the most of your health plan and connect with resources to achieve your wellness goals.*

After completing necessary steps, you will receive an extra $50 in your December 2020 paycheck!

Visit bsu.edu/Working Well for more details.

Incentive program ends October 31, 2020
Take Charge of Your Health

You have a manual for your car, your computer and electronic devices. You have manuals for about every device in your life. But do you keep a manual on YOU? When it comes to our personal health, we rarely keep tabs on what is important.

The time has come to Take Charge!

By pulling together your personal health information and securing a primary care provider you will be ready to play a more active role in your care.

In this 8-week challenge, you will Take Charge and develop YOUR confidential personal health manual by collecting and recording information across eight different categories including:

At the end of the challenge, you will keep your Take Charge Manual and return only the Take Charge Checklist—which keeps track of the sections you have completed. The information in your Take Charge Manual will not be submitted.

For more information, visit www.bsu.edu/workingwell or contact us at 285-9355. Registration deadline is Friday, January 10, 2020

What’s Happening This Month?

Health Check @ The Retreat
Date: Thursday, January 9 @ 11:30 am—1:00 pm
Where: The Retreat @ Noyer
What: Free blood pressure and body composition checks available. Grab a new recipe and enjoy a free sample of food!

Biometric Screening
Date: Tuesday, January 14 @ 7:30 - 9:00 a.m.
Where: Working Well Office, HC 004
What: Schedule a free biometric screening. This finger stick screening includes height, weight, blood pressure, cholesterol, HDL, LDL, triglycerides, and blood sugar.

Seated Chair Massage
Date: Wednesday, Jan 15 @ 11 am—2:00 pm
Where: Working Well Office, HC 004
What: Chair massage with massage therapist. $10 per 10 minutes. Contact Working Well to schedule an appointment.

Working Well 101 - Refresh
Date: Thursday, January 23 @ 11:30 a.m.
Where: Bracken Library, Education Resource Room 1
What: Join us to learn about the changes to Working Well incentive programs and an overview of the new Lifeworks wellbeing platform.
Are you Ready to Take Steps to Improve Your Health?

Sometimes, making changes isn’t easy, but when you find your own motivation and take change one step at a time, it’s achievable.

Health coaching can help you make the positive changes you want to make—and stick with them! Working Well health coaching programs will guide you toward your health goals by helping you to:

- understand your current health behaviors, strengths and challenges
- create a plan for change that fits your lifestyle
- overcome obstacles and break down barriers to change
- find what motivates you
- remember to reward yourself for your progress
- learn about healthy behaviors
- gain self-insight by using interactive tools
- monitor your habits by using helpful trackers

It’s free confidential service for all Ball State employees. To learn more, contact Wellness Coordinator, Jenni Flanagan at 765-285-3023.

Ask-an-Rd

Q: Is red meat okay? How often can I eat it?

A: Red meat refers to beef, pork, and lamb and includes foods like hamburgers, steak, pork chops, roast lamb, ground beef, and pulled pork. Various expert groups recommend limiting red meat in order to reduce risk of heart disease and lower cholesterol. To reduce the risk of cancer, the American Institute for Cancer Research advises to eat no more than 18 ounces (cooked weight) of red meats per week. This would be about 4 servings per week. If you eat meat, keep these tips in mind,

1. choose leaner cuts of meat and trim any visible fat,
2. avoid charred meats and those with grill marks,
3. think of meat as a flavor enhancer rather than the main focus of the meal, and
4. expand your proteins to include beans, lentils, soy, eggs, fish, and nuts.

Submit your nutrition questions to askanrd@bsu.edu!