BOTH ITEMS ARE REQUIRED

- 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**.

YOU MUST PARTICIPATE IN AT LEAST FIVE (5) ACTIVITIES FROM THE LIST BELOW

- Participated in the Gratitude Challenge either individually or as a department or work group.
- Completed a strengths assessment (**VIA Character Strengths**, **Gallup Clifton Strengths**) in the past year.
- Participated in social wellness activities within my department or work group in the past three (3) months
- Recognized a co-worker/colleague in LifeWorks in the past three (3) months
- Participated in a Working Well or department wellness challenge
- Have a retirement savings plan
- Attended Financial Wellbeing lunch and learns on campus
- Volunteered at least four (4) hours in my community in the last three (3) months
- Donated blood on campus in the past three (3) months
- Practice mindfulness meditation or participated in mindful mediation events on campus
- Participated in massage therapy in the past three (3) months
- Completed the American Heart Association **My Life Check** assessment and know your heart health score. (If registering for assessment, use company code **HGE001**)
- Completed a biometric screening through Working well or had a my cholesterol, blood sugar and blood pressure checked through my doctor’s office in the past year
- Exercised at least 150 minutes a week most weeks
- Participated in a wellness coaching or nutrition counseling session through Working Well in the past three (3) months
- Reached silver tier in your LifeWorks account this year
- Current Working Well Ambassador