

BOTH ITEMS ARE REQUIRED

- Access your account in [TELUS Health](#) 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 a Gratitude practice or activity either individually or as a department or work group.
- Completed a strengths assessment ([VIA Character Strengths](#), [Gallup Clifton Strengths](#))
- Participated in social wellness activities within my department or work group in the past six (6) months.
- Recognized five (5) co-workers/colleagues in TELUS Health in the past year.
- Participated in a Working Well or department wellness challenge
- Have a retirement savings plan
- Attended Financial Wellbeing learning sessions on campus or virtually.
- Volunteered at least four (4) hours in my community in the last six (6) months
- Donated blood on campus in the past year
- Practice mindfulness meditation or participated in mindful meditation events on campus or virtually.
- Participated in massage therapy in the past six (6) months
- Completed the American Heart Association [My Life Check](#) assessment in the past year and know your heart health score. (If registering for the assessment, use company code **HGE001**)
- I have had my cholesterol, blood sugar and blood pressure checked in the past year.
- I've completed my age appropriate preventative screenings this year.
- Exercised at least 150 minutes a week most weeks
- Participated in coaching through Working Well in the past year
- Current Working Well Ambassador
- Completed a Care Now self-guided program in TELUS Health in the past year.
- Participate in a TELUS Health assessment or challenge in the past year.
- Participated in a Learning and Development session to aid in my professional growth.