



ACCEHW Wellness Points System Spring 2016

The Advisory Committee to the Chancellor for Employee Health and Wellness cares about your health! In 2015, we are offering a Wellness Points system to Faculty and Staff to motivate you to maintain good health.

What to Do:	Points:	Details
Attend an ACCEHW Lunch & Learn	3 each	Sign in at event, then fill out Wellness Points form.
Participate in ACCEHW Program (e.g. pedometer challenge)	10	Participate in event, then fill out Wellness Points form.
Challenge Calendars	10 per calendar	Complete at least 15 days of our monthly challenge calendar. Upload the calendar on the Wellness Points form.
Community Event	5 per event	Go to a local race, health seminar, or other health-related event. Upload some type of proof of your participation on the Wellness Points form.
"Like" us on Facebook	2	Like our Facebook page, then fill out Wellness Points form.
Subscribe to our emails	2	Email and let us know you want to subscribe. Then, fill out Wellness Points form.
Eat Smart, Move More, Weigh Less	10	Register for this event through Learning & Development and attend the sessions, then fill out Wellness Points form.
Preventive Screening (Blood pressure, cholesterol, glucose, mammogram, Pap, colonoscopy, dental, eye, physical, flu shot, etc)	5 each (max of 3 per semester)	Have your health care provider sign the preventive screening form or provide some other proof of care. Then, you can upload it on the Wellness Points form.
Coordinate a one-time walk or healthy luncheon within your department.	5 (max of 3 events per semester)	Upload a list of employees who participated, their email addresses, and the date of the event on the Wellness Points form.
Come to our table at the Fall Festival	2	Sign in at our table and fill out a Wellness Points form.

ACCEHW Contact Information

Website	Facebook	Email
yourhealth.uncc.edu	facebook.com/yourhealth.uncc	Mharkey6@uncc.edu

Wellness Points Incentives

Top 3 point totals per semester
Everyone with 30+ points per semester