

Wellness Points Form

WVU Medicine Employees, WVU Health Sciences Employees, University Health Employees, WVU Downtown Campus, and WVU Evansdale Campus

As an employee of WVU Medicine or a WVU Employee at HSC, you may receive 25 Wellness Points per semester for each "yes" answer. Each point is equal to \$1. Each semester the employee is required to register for a class and the employee's Wellness Points are used for paying the class fee (i.e., class fee is \$25 and The Wellness Center will deduct 25 points from employees balance). Wellness Points can be accumulated up to 200 points per calendar year. Wellness Points are nontransferable to other individuals.

Complete this form and return to: **The Wellness Center, PO Box 9146 or fax to 304-293-3725.**

Please select your Employer from the list below:		
<input type="checkbox"/> WVU Medicine	<input type="checkbox"/> WVU Health Sciences	<input type="checkbox"/> UHA
<input type="checkbox"/> WVU Downtown Campus	<input type="checkbox"/> WVU Evansdale Campus	
Please check the box if you are a Medical or Dental Resident <input type="checkbox"/>		

Do you avoid all forms of tobacco? ☐ Yes (25 points) ☐ No*

***If you answered No, would you like information on being tobacco free?** ☐ Yes ☐ No

Do you engage in at least 150 minutes of exercise per week? ☐ Yes (25 points) ☐ No

PLEASE PRINT

Name (Please Print): _____ Gender: ☐ Male ☐ Female

Date of Birth: _____ Last 4 digits of Social Security Number: _____

Department: _____ Dept. Phone: _____

Signature: _____ Date: _____

If you wish to receive our weekly Wellness Wire, please provide us with your e-mail address:

E-mail (Please print)

For more information regarding the use of Wellness Points, please call the Wellness Center Office at 304-293-2520 or e-mail: wellnesscenter@hsc.wvu.edu



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