

Wellness Points Form

WVU Medicine Employees, University Health Associates Employees, WVU Health Sciences Center Employees, WVU Downtown Campus Employees, WVU Evansdale Campus Employees & WVU HSC Students

As an employee of WVU Medicine or a WVU Employee or Student at HSC, you may receive 25 Wellness Points per semester for each "yes" answer. Each point is equal to \$1. Each semester the employee/student is required to register for a class and the employee/student'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 employee/student's balance). Wellness Points can be accumulated up to 200 points per calendar year and 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"/>		
<input type="checkbox"/> WVU HSC Student (list school):		

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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