

Your 2019 Maryville University Wellness Program

Tools and Resources for Your Personal Journey

Visit your new wellness portal at oncommunity.com to submit your Incentive Requirements activity and to take advantage of tools and resources that can help you improve your health! On the portal, you can:

- Participate in group and personal wellness challenges.
- Sync your favorite health-related apps and devices.
- Track behavior (steps, nutrition, sleep and activity).
- Browse a database of recipes and workout videos.
- Complete a meal planner, find local grocery store discounts and more.

Complete Your Incentive Requirements to Earn Points

All activities for the Maryville University HEALTHY U program are listed below and additional details are on the portal. Complete activities to earn points and rewards:

- For every 30 points you earn, you'll earn an entry to a quarterly raffle. The more points you earn, the more chances you have to win!
- Employees participating in Maryville's High Deductible Health Plan and the Health Savings Account (HSA) can earn \$250 toward their HSA! Simply complete a total of 100 activity points that include the biometric screening (30 points) and physician wellness visit (30 points) by June 30, 2019 to have the funds applied to your account in July 2019.

Activities	Points	Notes
Health Survey	15	
Biometric Screening	30	
Physician Wellness Visit	30	
Flu Vaccination	15	
Participate in Blood Drive	10	These points may be earned 3 times for a total of 30 points.
1st Quarter Lunch and Learn Attendance	10	These points may be earned 3 times per quarter for a total of 30 points.
2nd Quarter Lunch and Learn Attendance	10	These points may be earned 3 times per quarter for a total of 30 points.
3rd Quarter Lunch and Learn Attendance	10	These points may be earned 3 times per quarter for a total of 30 points.
4th Quarter Lunch and Learn Attendance	10	These points may be earned 3 times per quarter for a total of 30 points.
2nd Quarter: Attend the Annual Maryville University Health Fair	10	
Dental Exam	15	These points may be earned 2 times for a total of 30 points.
Healthy U Group Challenge	15	Challenge details are listed below.
Menu for Success Group Challenge	15	
Stress Less Group Challenge	15	
Pete the Planner Group Challenge	15	
Personalized Challenge - Pick Your Passion	15	These points may be earned 3 times for a total of 45 points. You may complete Individual Challenges at any time.
Aetna Health Assessment and Online Journey	15	Earn points AND a \$50 gift card from Aetna.

Aetna Quarter 1 Challenge: Step It Up to a Better You	15	You can participate in this challenge at Aetna.com. Registration opens: January 14, 2019 Challenge Starts: January 28, 2019 Challenge Ends: March 24, 2019 Upload Deadline: March 26, 2019
Aetna Quarter 2 Challenge: U.S. National Parks	15	You can participate in this challenge at Aetna.com. Registration opens: April 22, 2019 Challenge Starts: May 6, 2019 Challenge Ends: June 16, 2019 Upload Deadline: June 18, 2019
Aetna Quarter 3 Challenge: Amazing Architecture	15	You can participate in this challenge at Aetna.com. Registration opens: July 8, 2019 Challenge Starts: July 22, 2019 Challenge Ends: September 15, 2019 Upload Deadline: September 17, 2019
Aetna Quarter 4 Challenge: Fit and Festive	15	You can participate in this challenge at Aetna.com. Registration opens: October 21, 2019 Challenge Starts: November 4, 2019 Challenge Ends: December 5, 2019 Upload Deadline: December 17, 2019
Participate in a 5K or Greater	15	These points may be earned four times for a total of 60 points.
Maryville Reaches Out Community Services	15	Maryville Reaches Out is an annual event, a day when all students, faculty, staff and alumni are encouraged to share their time and talent in community service. Participants engage in a wide variety of service opportunities in and around the St. Louis community and beyond. Maryville Reaches Out exemplifies Maryville's commitment to integrating civic engagement with academic pursuits, and promoting social responsibility and community service as a way of life.

Group Challenges



Registration Opens:
January 7–March 3, 2019

Challenge:
January 21–March 3, 2019

Duration:
6 weeks

Healthy U

Enroll in Healthy U to receive comprehensive wellbeing education in four different categories: increasing daily activity, tips for proper nutrition, stress reduction and weight management.

How to Participate:

- Track your daily activity minutes
- Complete daily or weekly tasks related to nutrition and stress management
- Input your weight once per week
- Complete tasks using the challenge to-do list on your wellbeing portal.

Group Challenges continued



Registration Opens:
March 18–May 12, 2019

Challenge:
April 1–May 12, 2019

Duration:
6 weeks

Menu for Success

Menu for Success provides simple ways to eat more vegetables, fruits and whole grains, and less of everything else. Each week offers information about a different nutritional focus, a new daily task and a healthy recipe to try.

How to Participate: Complete daily tasks that are updated each week. After completing a task, check “I did this” on your challenge to-do list.



Registration Opens:
June 24–August 4, 2019

Challenge:
July 8–August 4, 2019

Duration:
4 weeks

Stress Less

Just reading those words feels good, doesn't it? Stress Less provides tips and tricks about how to recognize and reduce excess stress, and advice for maintaining low anxiety levels in the future.

How to Participate: Complete daily tasks that are updated each week. After completing a task, check “I did this” on your challenge to-do list.



Registration Opens:
October 21–December 1, 2019

Challenge:
November 4–December 1, 2019

Duration:
4 weeks

Pete the Planner

Each week of this quick-hit challenge, you'll receive two videos and tasks from expert financial mind Pete the Planner®. Content focuses on teaching you to set and manage your budget, and how to pay off debt effectively.

How to Participate: Watch two videos, complete two tasks each week, then check them off your challenge to-do list on your wellbeing portal.

Take the First Step – Register Today

Your path to a happier, healthier life just got easier. To create an account or log back in, visit onecommunity.com.

- If you are new to OneCommunity, click **Sign Up** and follow the registration instructions.
 - **Invitation Code:** Maryville2019
- If you are returning user, click Log In and enter your username and password. When prompted, join the new program using the invitation code above.

The screenshot shows the OneCommunity website interface. The top navigation bar includes 'Challenges', 'Tracker', 'Meal Planner', 'Resources', and 'Redeem Rewards'. The main content area features a 'Welcome, Admin!' message, a 'Veg Out!' challenge with a video player, and a 'Healthy Activities Status Demo' table. The table lists three activities: 'Diabetic Screening', 'Complete a Challenge', and 'Health Risk Assessment', all with a status of 'Not Complete' and 25 points each. A 'Requirements' section shows 0 points earned out of 75. Below the screen are five icons representing features: Syncing Devices, Workout Videos, Year-Round Tracking, Activity Feed, and Recipe Database.

Name	Status	Points	More Info
Diabetic Screening*	Not Complete	25	More Info
Complete a Challenge*	Not Complete	25	More Info
Health Risk Assessment*	Not Complete	25	More Info

* Required Total Points: 0/75

PROGRAM OVERVIEW > 3 TOTAL ACTIVITIES