How to Navigate the Bulldog Pack Rewards Program

Go to www.wellmark.com and click LOG IN/REGISTER



Enter your User ID and Password and click *LOG IN*. For those who participate in our annual wellness screenings, this is the same User ID and Password you use to access your online wellness assessment. This is NOT your Drake ID and Password. If this is your first time on the Wellmark website, click *REGISTER* instead of *LOG IN* and follow the directions to register.

MENU			Wellmark. 🚳 💱		LOG IN / REGISTER	Q SEARCH
	Log In to myWellmark		All Fields Required	Access your claims and benefit myWellmark.	t information anytime c	on 🗵
	User ID or Email	Password	LOG IN	REGISTER		

Once logged in click Visit the Wellness Center. If prompted with a message click yes.



Once in the Wellmark Wellness Center, click Get Rewarded.



On the rewards page click Keep Earning, in the Bulldog Pack Rewards Program.



The top part of the page explains the program. It shows the points you have earned to date. The goal is to reach 100 points.

Your points:	EARNED: 20/100MAX	USED: ()	BALANCE: 20
Prize	 Buildog Pack Rewards Earn reward by 6/1/2018 Welcome to the "Buildog Pack Rewards Progradedicated to helping employees enhance the community, social, and occupational. It is avapart-time employees, regardless of enrollmer Earn points by participating in various list provided. Everyone who reaches 10 June 1, 2018 will be placed in a drawing from a wellness catalog. You can earn points more than once for points for "Completing a Drake Wellnes occasions during the academic year ark Kudos or E-card" up to five separate to activity title. Please note that the annual biometric/wellnes are separate from the point's portion of the securent employees on Drake's medical plan are the wellness premium incentive. 	Program ram". This is a points-based program that i ir quality of life in five areas: physical, finar ilable to all current Drake full-time and reg nt in the Medical Plan. activities and making healthy choices from 00 points between September 15, 2017 an ng for a chance to win their choice of prizes or certain activities. For example, you can ease Corporate Challenge" on two separate and you can earn points for "Sending a Peero mess. This is noted by the #1, #2, etc. in the ess screenings and online wellness assessm scorecard. These two items are only for the nd they must be completed annually to red drake.edu with questions.	100 points needed to earn reward sincial, ular the d searn seive e ent se eive

Scroll down the page for a list of activities you can complete to earn points. Each activity has a due date and a point value.

Choose your activities to earn points		
Physical more Do this by 5/31/2018	10 points	I Did This
Dental Exam #1 more Do this by 5/31/2018	5 points	I Did This
Dental Exam #2 more Do this by 5/31/2018	5 points	I Did This
Non-Tobacco User/Completion of Tobacco Cessation Program more Do this by 5/31/2018	10 points	I Did This
Receive a Flu Shot more Do this by 5/31/2018	5 points	I Did This
Vision Exam more Do this by 5/31/2018	10 points	I Did This

When you complete an activity click the *I Did This* box.

Complete Drake Wellness Corporate Challenge #1 more Do this by 5/31/2018	5 points	I Did This
Complete Drake Wellness Corporate Challenge #2 more Do this by 5/31/2018	5 points	I Did This
Complete Educational Class #1 more Do this by 5/31/2018	5 points	I Did This
Complete Educational Class #2 more Do this by 5/31/2018	5 points	I Did This
Complete Educational Class #3 more Do this by 5/31/2018	5 points	I Did This
Complete Educational Class #4 more Do this by 5/31/2018	5 points	I Did This
Have Lunch with a Drake Colleague more Do this by 5/31/2018	5 points	I Did This
Meet with TIAA Representative or Financial Advisor #1 more Do this by 5/31/2018	5 points	I Did This
Meet with TIAA Representative or Financial Advisor #2 more Do this by 5/31/2018	5 points	I Did This
Participate in a Walking Meeting more Do this by 5/31/2018	5 points	I Did This
Participate in an Organized Community Wellness Event #1 more Do this by 5/31/2018	5 points	I Did This

It will ask you to fill in the date of completion and in some cases you will need to answer a question (example: "What class did you complete?").

Complete Educational Class #1 Less Do this by 5/31/2018								5 points I Did This
When did you do this: MM/DD/YYYY 📺 W							1	/hat class did you complete? Save
This includes BUILD cla	Su	Мо	Septe Tu	ember We	2017 Th	Fr	► Sa	and other non-required online or in person classes.
						1	2	
Complete Educatio	omplete Educatio	5	6	7	8	9	5 points I Did This	
Do this by 5/5/12010	10	11	12	13	14	15	16	
Complete Educatio	17	18	19	20	21	22	23	5 points
Do this by 5/31/2018	24	25	26	27	28	29	30	

Once you complete an activity it will say *DONE* with a green checkmark.

Attend an All Staff Council or Faculty Senate Sponsored Event #1 more You did this on 8/2/2017	5 points	ODNE
Attend Drake Social #1 more You did this on 8/2/2017	5 points	📀 DONE
Be a Member of a Drake Sponsored Committee more You did this on 8/2/2017	10 points	📀 DONE

Activities that are not yet available will have the date they are available and say *FUTURE* with a lock.

Workout (cardio/strength) Minimum of 8 Times Per Month (Spring Term) - more This will be available on 1/15/2018	10 points	FUTURE
"Exercise Brain" Minimum of 8 Times Per Month (Spring Term) more This will be available on 1/15/2018	10 points	FUTURE
Take Time to Meditate a Minimum of 8 Times Per Month (Spring Term) This will be available on 1/15/2018	10 points	future

If you have questions related to the scorecard or need hardcopy instructions on how to register on <u>www.wellmark.com</u> for the first time, please contact Linda Feiden.

For technical online assistance in regards to registering or logging into myWellmark please contact the Wellmark technical support team (EC Solutions) at 800-407-0267 M-F 7am.-5:30p.m. CDT. For other technical questions about the website please call Wellmark at 877-252-8412 24 hours a day, seven days a week.