

2018-2019 Bulldog Pack Wellness Scorecard

Welcome to the “*Bulldog Pack Wellness Scorecard*”. This is a points-based program that is dedicated to helping employees enhance their quality of life in various dimensions of wellbeing including physical, emotional, financial, community, social, occupational and intellectual. It is available to all current Drake full-time and regular part-time employees, regardless of enrollment in the Medical Plan. You earn points by participating in activities and making healthy choices from the list provided. **Everyone who reaches 100 points between September 3, 2018 and May 31, 2019 will be placed in a drawing for a chance to win some great prizes. Deadline to turn in rewards program tracking form is June 7, 2019.**

CATEGORY

GOAL VALUE

A. Preventative Goals:

- Completion of Annual Preventative Physical Exam **10 points 1 time per year**
- Completion of Annual Preventative Vision Exam **10 points 1 time per year**
- Completion of Preventative 6-Month Dental Exam **5 points 2 times per year**
- Annual Flu Shot **5 points 1 time per year**
- Non-Tobacco User (6 months) or completion of tobacco cessation program **10 points 1 time per year**

B. Physical Activity/Emotional Goals:

- Complete Drake Wellness Corporate Challenge (i.e. Couch to 5K, Healthy4U BINGO) **5 points 2 times per year**
- Participate in Organized Community Wellness Event (i.e. sponsored run, RAGBRAI) **5 points 2 times per year**
- 30+ Minute Workout (cardio/strength) 8 or more times per month - fall term (on own or formal class) **10 points 1 time per term**
- 30+ Minute Workout (cardio/strength) 8 or more times per month - spring term (on own or formal class) **10 points 1 time per term**
- Participate in a Walking Meeting **5 points 1 time per year**
- Participate in a Behavior Change Program (i.e. Weight Watchers, health coaching, dietitian counseling) **5 points 2 times per year**
- Meditate 8 or more times per month - fall term **10 points 1 time per year**
- Meditate 8 or more times per month - spring term **10 points 1 time per year**

C. Financial Goals:

- Meet with TIAA Representative or other Financial Advisor **5 points 2 times per year**
- Record your Expenses and Create a Budget **10 points 1 time per year**

D. Community/Social Goals:

- Utilize Community Service Leave (Volunteer) **10 points 1 time per year**
- Be a Member of a Drake Sponsored Committee **10 points 1 time per year**
- Be a Faculty or Staff Mentor (fulfilling the meeting requirements) **10 points 1 time per year**
- Attend a Drake Social (check OnCampus for Drake Social days and times) **5 points 2 times per year**
- Have Lunch with a Drake Colleague **5 points 1 time per year**
- Attend a Drake Student Activity/Event (i.e. Drake sports, theatrical, music event or class project) **5 points 2 times per year**
- Attend an All Staff Council or Faculty Senate Sponsored Event **5 points 2 times per year**
- Send a Peerceive Kudos or E-card **2 points 5 times per year**

E. Occupational/Intellectual Goals:

- Complete an Educational Class (BUILD classes, Lynda.com online courses, other non-required classes) **5 points 4 times per year**
- “Exercise Brain” at least 8 times per month - fall term (i.e. read for pleasure, Sodoku, cross word puzzle) **10 points 1 time per term**
- “Exercise Brain” at least 8 times per month - spring term (i.e. read for pleasure, Sodoku, cross word puzzle) **10 points 1 time per term**

Bulldog Pack Wellness Scorecard Tracking Form

Your goal is to earn at least 100 points between September 3, 2018 and May 31, 2019. Use this form to track your progress. At the end of the program, if you reach at least 100 points, turn in this form. Be sure to print your name on the form before you turn it in. You may email the tracking form to linda.feiden@drake.edu or send it through campus mail to Linda Feiden (Human Resources – 3206). **All completed tracking forms must be received by June 7, 2019.**

Everyone who reaches 100 points and turns in their form by the deadline will be placed in a drawing for a chance to win some great prizes!

Preventative Goals:	Point Value	Completed
Completion of Annual Preventative Physical Exam	10	
Completion of Annual Preventative Vision Exam	10	
Completion of Preventative 6-Month Dental Exam	5	
Completion of Preventative 6-Month Dental Exam	5	
Annual Flu Shot	5	
Non-Tobacco User (6 months) or completion of tobacco cessation program	10	
Physical Activity/Emotional Goals:	Point Value	Completed
Complete Drake Wellness Corporate Challenge (i.e. Couch to 5K, Healthy4U BINGO)	5	
Complete Drake Wellness Corporate Challenge (i.e. Couch to 5K, Healthy4U BINGO)	5	
Participate in Organized Community Wellness Event (i.e. sponsored run, RAGBRAI)	5	
Participate in Organized Community Wellness Event (i.e. sponsored run, RAGBRAI)	5	
30+ Minute Workout (cardio/strength) 8 or more times per month - fall term (on own or formal class)	10	
30+ Minute Workout (cardio/strength) 8 or more times per month - spring term (on own or formal class)	10	
Participate in a Walking Meeting	5	
Participate in a Behavior Change Program (i.e. Weight Watchers, health coaching, dietitian counseling)	5	
Participate in a Behavior Change Program (i.e. Weight Watchers, health coaching, dietitian counseling)	5	
Meditate 8 or more times per month - fall term	10	
Meditate 8 or more times per month - spring term	10	
Financial Goals:	Point Value	Completed
Meet with TIAA Representative or other Financial Advisor - fall term	5	
Meet with TIAA Representative or other Financial Advisor - spring term	5	
Record your Expenses and Create a Budget	10	

Community/Social Goals:	Point Value	Completed
Utilize Community Service Leave (Volunteer)	10	
Be a Member of a Drake Sponsored Committee	10	
Be a Faculty or Staff Mentor (fulfilling the meeting requirements, etc.)	10	
Attend a Drake Social (check OnCampus for Drake Social days and times)	5	
Attend a Drake Social (check OnCampus for Drake Social days and times)	5	
Have Lunch with a Drake Colleague	5	
Attend a Drake Student Activity/Event (i.e. Drake sports, theatrical, music event, or class project)	5	
Attend a Drake Student Activity/Event (i.e. Drake sports, theatrical, music event, or class project)	5	
Attend an All Staff Council or Faculty Senate Sponsored Event	5	
Attend an All Staff Council or Faculty Senate Sponsored Event	5	
Send a Peerceive Kudos or E-card	2	
Send a Peerceive Kudos or E-card	2	
Send a Peerceive Kudos or E-card	2	
Send a Peerceive Kudos or E-card	2	
Send a Peerceive Kudos or E-card	2	
Occupational/Intellectual Goals:	Point Value	Completed
Complete an Educational Class (BUILD classes, online courses, other non-required classes)	5	
Complete an Educational Class (BUILD classes, online courses, other non-required classes)	5	
Complete an Educational Class (BUILD classes, online courses, other non-required classes)	5	
Complete an Educational Class (BUILD classes, online courses, other non-required classes)	5	
“Exercise Brain” at least 8 times per month - fall term (i.e. read for pleasure, Sodoku, cross word puzzle)	10	
“Exercise Brain” at least 8 times per month - spring term (i.e. read for pleasure, Sodoku, cross word)	10	

Participant Name (Please Print) _____

Return to Linda Feiden in Human Resources at 3206 University Avenue or email to linda.feiden@drake.edu by June 7, 2019.