

Earn Your **VIKEHEALTH BENEFITS** at the

CSU REC!

Are you a CSU Faculty or Staff member participating in the VikeHealth Rewards program? Learn how participating CSU's very own Recreation Center can help you earn points and rewards!

CATEGORY	POINTS	WAYS TO FULFILL @ THE CSU REC
Body Composition	40 pts.	<ul style="list-style-type: none"> Body Composition with Personal Trainer
CPR/First Aid Training Course	75 pts.	<ul style="list-style-type: none"> CPR/AED/First Aid Class
CPR/First Aid Training Course	150 pts.	<ul style="list-style-type: none"> CPR/AED/First Aid Instructor Class Lifeguarding Class Lifeguarding Instructor Class
CSU Recreation Programs	150 pts.	<ul style="list-style-type: none"> Fitness Instructor Training Certification Functional Fitness Programming Pink Gloves Boxing Swim Lessons - Group Viking Strong
Dept. Challenge/Social Wellness	75 pts.	<ul style="list-style-type: none"> Customized Fitness Challenges Customized Team Building Events
Dept. Challenge/Social Wellness	150 pts.	<ul style="list-style-type: none"> Customized Fitness Challenges Customized Sport Leagues or Tournaments Sport Leagues
Special Event	50 pts.	<ul style="list-style-type: none"> Customized Fitness Programs & Challenge Fitness Challenges Homecoming 5k Race Nutrition Workshops Viking Quest Obstacle Race Yoga Workshops
Stress Mgmt./Alternative Program	75 pts.	<ul style="list-style-type: none"> Adventure Recreation Programs Customized Adventure Recreation Programs Fitness Assessment Massage - 60 Minutes Personal Training Private Swim Lesson - 60 Minutes
Stress Mgmt./Alternative Program	150 pts.	<ul style="list-style-type: none"> ACE Group Fitness Instructor Certification Prep Course ACE Personal Trainer Certification Prep Course Customized, All-Day Adventure Recreation Programs
Earn Your Monthly Activity Points at the CSU Recreation Center!	20/40 pts.	<ul style="list-style-type: none"> Basketball Open Gym Cycling Classes Fitness Center Usage Free Group Fitness Classes Indoor Track Lap Swimming Master's Swimming Pilates Classes Racquetball Squash Water Aerobic Classes Yoga Classes

Know Your Numbers, Engage in Healthy Behaviors to improve or maintain your Health & Well-Being AND earn up to **\$680** per year by doing 3 simple things...

1. Don't miss your chance to protect your health and earn a **VikeHealth Wellness Bonus!** Complete your online personal health assessment AND your *Know Your Numbers* health screening **by May 31, 2019** to receive your VikeHealth Wellness Bonus. \$240 per year or \$20 per month for benefits enrolled employees. \$120 per year or \$10 per month for non-enrolled employees. Monthly rewards start in July 2018.
2. In addition to earning the VikeHealth Wellness Bonus, participate in opportunities **each of the two cycles** to improve/maintain your health & well-being and to earn a **Healthy Living Reward**. You can earn up to \$100 per cycle and \$200 per year.

Cycle 1— July 1, 2018 to November 30, 2018 (paid out in December)

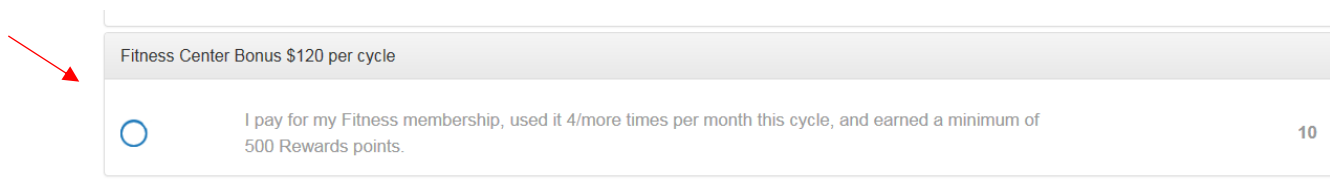
Cycle 2— January 2, 2019 to May 31, 2019 (paid out in June)

Bronze level (300 points)=\$50 Cash Reward (per cycle)

Silver level (500 points)=\$75 Cash Reward (per cycle)

Gold level (700 points)=\$100 Cash Reward (per cycle)

3. **Fitness Center Bonus.** Use your fitness facility an average of four or more times per month throughout the cycle and earn a minimum of 500 VikeHealth points by the end of each cycle to get reimbursed \$120 for your fitness facility fees per cycle and \$240 per year. Don't forget to check off the "**Fitness Center Bonus**" activity on the "Rewards" page of the VikeHealth & Well-Being portal. The Fitness Center Bonus activity is not available until the last 4-6 weeks of each cycle. The Fitness Center Bonus is paid out in December and June.



Thank you to Medical Mutual for their support in VikeHealth & Well-Being Rewards!