

# Passport to Wellness Q & A



**Q: What is the Passport to Wellness?**

A: The Passport to Wellness is the road to better individual health and wellness. There are a total of 6 dimensions. Every 2 months there is a new dimension of activities to participate in. There are also great incentives to join (Health Spending dollars and prize draws) and you still can join.

**Q: Is it too late to start earning points?**

A: No, it is not too late to earn points. Points are given for completing and/or participating in any activities throughout the year.

**Q: What if I don't have computer at home?**

A: If you don't have a computer, you can utilize the computers at work in the training room.

**Q: Can I still complete activities from past dimensions such as nutritional or intellectual?**

A: Yes, you can start or continue to work on the dimensions until the deadline in January 2016.

**Q: Can I accumulate points even if I don't get the maximum 100 points in each dimension.**

A: Yes, accumulating points through completing and/or participating in activities earns you Health Spending Account dollars however you will not be eligible for the bi-monthly or year end grand prize draws.

**Q: How are points tracked?**

A: Points are tracked in a secure excel database in Health Services.

**Q: What is a Health Spending Account?**

A: The Health Spending Account is there for employee's to accumulate up to \$200 which can be used to top up current Claim Secure benefits that are not 100% covered and you would have personally paid for.

**Q: How can this program affect my Health Spending Account?**

A: By participating in the program you earn \$1 for every 3 points. The maximum points that can be earned for each dimension (every 2 months) are 100 points. i.e. 100 points = \$33.33. 6 dimensions = 600 points = \$200.

**Q: How do I qualify for the bi-monthly draw prizes?**

A: By accumulating 100 points within the current dimension and by the deadline qualifies you for the bi-monthly draw. All activities are handed into Health Services.

**Q: How many points do I have to earn?**

A: For every 3 points earned, \$1 goes into your Health Spending Account. To be eligible for the bi-monthly draws you need 100 points accumulated before the current dimension closes. If you do not have 100 points by the time the dimension closes, you are still eligible for the grand prize as long as you have accumulated 100 points for each dimension for a total of 600 points by January 16<sup>th</sup>, 2016.

**Q: What are the prizes?**

A: The prizes are focused on the current dimension. For example, the current Spiritual Dimension the prizes are an Elm Hurst Inn Getaway, a Certificate to The Waters Spa, or a Wellness Paid Day Off. The Grand Prize is a travel voucher for \$5000 and a weeks' pay vacation.

**Q: How long do I have to accumulate points?**

A: You can accumulate points straight through until January 16<sup>th</sup>, 2016.

**Q: How can I keep track of my points?**

A: You can keep track of your points on the activity sheets. Extra sheets are kept in Health Services or from a Wellness Committee member.

**Q: When is the deadline for the grand prize?**

A: The deadline for submitting points is January 16<sup>th</sup>, 2016.

**Q: How can I find out more information?**

A: Talk to any Wellness Committee member or Health Services.

**HAVE FUN!!!**

*“Wellness is about adding years to life and life to years.”*