

Live Well. Earn Rewards.

The St. Jude employee wellness program—Living Well—is launching a rewards program for employees who take part in healthy activities during the year.

TAKE PART • BUILD POINTS • EARN REWARDS

Employee must be enrolled in the St. Jude medical plan to earn rewards.

Earn up to the max points in each of these categories:		Activities that can earn points:	Point values:
Annual screening and assessment	200	Onsite Biometric Screening or annual physical ¹	100
		Online Wellness Assessment	100
Take Charge of your personal health.	50	<i>Seminar</i> - Managing Diabetes	25
		<i>Seminar</i> - Diabetes: Food Facts	25
		<i>Seminar</i> - Managing High Blood Pressure	25
		<i>Seminar</i> - High Blood Pressure and Food Facts	25
		<i>Online</i> - Healthy Living Program ²	25
Find Balance in your work & home life.	50	<i>Your Choice</i> - Pick an activity and self-report ³	25
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		<i>Online</i> - Healthy Living Program ²	25
Be Active to keep your body and mind in good health.	50	Moving in Memphis (Department Challenge)	50
		Moving in Memphis (Individual Challenge)	50
		<i>Your Choice</i> - Pick 2 activities and self-report ³	50
		<i>Online</i> - Healthy Living Program ²	25
Manage Stress so you can lead a full and happy life.	50	<i>Seminar</i> - Is Your Money Making You Sick?	25
		<i>Seminar</i> - Good Stress v. Bad Stress	25
		<i>Seminar</i> - Find balance and keep it forever	25
		<i>Seminar</i> - Sleep and Stress	25
		<i>Seminar</i> - Beat stress and be more productive	25
		<i>Online</i> - Healthy Living Program ²	25

¹Physician must return Physician Biometric Information Form to LifeSigns by Sept 25, 2014. Download the form at www.stjude.org/livingwell.

²Log on to <https://livingwell.staywell.com> to take a Healthy Living Program course. Upon completion, points are automatically added to your points bank. Only two online programs will count towards point totals per year.

³Select an activity that you feel reflects the category. Log points at <https://livingwell.staywell.com>. A maximum of two self-reported events can count towards point totals per year.

Employees must sign in at all seminars/events to ensure points are assessed appropriately. Many seminars will be repeated throughout the year. Stay tuned to *St. Jude Today* for details as each activity is scheduled.

Track Points

Log in to <https://livingwell.staywell.com> to log and view points and to keep track of activities.

Points will accrue from September 15, 2014 through May 1, 2015.

Point totals will be updated on a monthly basis. Employees will be notified of their final point totals and award level and will receive instructions on how to redeem points for rewards in May 2015. Once notified, employees will have until June 15, 2015, to select a prize.

Point Levels

Strive to earn points at the levels below.

At the end of the year, you will receive a code to redeem your points for prizes.

Gold	400 points
Silver	300 points
Bronze	200 points

**EXAMPLES OF
REWARDS**

Tons of Variety!

Great Name
brands!



Visit www.stjude.org/livingwell to learn more about eligibility and other details. Questions? E-mail wellness@stjude.org.

