



Be Well & Be a Winner!

Join us today for fun, health and wellness. Everytime you participate, you enhance your health and well-being & increase your chances to win fabulous prizes. Your participation also helps WMU reduce healthcare costs and increase productivity. Don't miss out!

Here's How it Works: WWW* Ticket Criteria

Complete One-to-One Assessment	2 tickets/assessment- <u>this is program requirement</u>
Complete BCBS HRA	2 tickets/annual update- <u>this is program requirement</u>
Meet personal One-to-One SMART wellness goal (report to coach)	2 tickets per goal met-multiple goals may be set
Participate in a community fitness event (as reported to coach)	1 ticket per event
Participate in a Western Wellness workshop or event (ticket drop)	1 ticket per activity
Wellness Champs will be hosting special building-based activities also	Number of tickets determined/reported by Wellness Champs at your Wellness Hub to WMU Coordinator
Become a member of SRC or West Hills or fitness facility of your choice (report to coach/one time per year)	2 tickets per annual membership
Serve as a Wellness Champion	1 ticket/every month of service per WMU coordinator
Lasso a Friend into the One-to-One Program	1 ticket per referral

Drawing Guidelines

12 winner names are pulled on monthly basis. The more active you are in the program, the more chances you have to win. However, no one may win more than two times per year. Winners will be announced on the Western Wellness website and in emails to program participants, unless requested otherwise. Prizes and rewards will vary and will be posted on the Western Wellness website (www.wmich.edu/wellness). The December drawing will be only for persons who have completed and reported annual requirements (see above).

These tickets will also be used for other special drawings throughout the year as opportunities arise.

***WWW = Western Wellness Winner**

Questions? Call Jen Bailey, Western Wellness Committee Chairperson/Employee Wellness, at 269/387-3762 or Danna Downing, One-to-One Wellness Coordinator at 269/779-5453.

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