

Living Well With Long Island University Report Card Program

What is the Report Card Program?

The Report Card Program is Long Island University's Wellness Program. The Program offers health education seminars and workshops; health screenings; health risk assessments; on-site behavior-change programs addressing issues like weight management and smoking cessation; and incentive programs for the improvement of health and fitness behaviors.

The Report Card Program is based on a 10 point system. In order to successfully complete the Report Card Program, employees must complete **all** of the "**6 Required**" components of the program as well as "**4 Elective**" components. The goal is to attain a total of **10 points**.

see attached "Report Card" and component description.

Incentives:

Benefits-eligible employees who successfully complete all ten components of the Report Card Program will receive a medical premium reduction of 1%. All ten components of the Report Card Program must be completed by **December 1, 2014** in order to be eligible for the premium rebate.

How to Enroll?

The Report Card Program will officially begin on **Friday, February 7, 2014**. At this time, each participant of the Report Card Program will need to track their exercise activity. **Participants are required to exercise at the minimum of two times per week and provide the Department of Human Resources with a log of all fitness activities.**

Calendar of Events

The calendar of events will be available soon at www.liu.edu/livingwell