Mission Statement for the Wellness Warriors Program

The purpose of the Wellness Warriors Program is to improve the quality of life and the health status for the employees of Wayne State University. This will be accomplished by providing educational programs, services, and tools that assist individuals in accomplishing their wellness goals.

Our program strives to help individuals be able to do what they want, when they want, how they want. We aim to bend the trend of the natural flow of risk.

All subsidized benefit eligible employees that complete both screenings required to enroll into the Wellness Warriors Program by September 30, 2016 will receive a $75.00 Cash Incentive.

Program Highlights as a 2016 Wellness Warrior

Unlimited wellness coaching! Get the support you need in accomplishing your wellness vision and goals by participating in our coaching program. During the first session your coach will review your screening results and let you know of your risk level. To schedule your first Wellness Coaching session call 888-699-3554. Information on your risk level and updated Wellness Score will be available early February.

Included Services as a Wellness Warrior Participant (The number of eligible services is based on your risk level)

- Unlimited Wellness Coaching
- Nutrition Consultations
- Fitness Assessments
- Smoking Cessation
- Personal Training
- Medication Therapy Management

Engage in monthly programming to increase your knowledge base and wellness toolbox with resources to help you in your journey to a happier, healthier you! Each month as a 2016 Wellness Warriors participant you have the opportunity to attend various events on new and interesting health topics; in addition to fitness classes.

Earn incentives in your paycheck and prizes for participating in the Wellness Warriors Programming throughout the year. It is important to not only celebrate the big wins but the small ones too!

Additional cash incentives of up to $175 for participants that complete designated program requirements.

Coaching Participation

- 2 calls from January - June earns a $50 cash incentive (must enroll by March 31, 2016)
- 2 calls from July - December earns a $50 cash incentive (must enroll by September 30, 2016)

Health Maintenance reward

- Maintain or improve year over year Wellness Score earns a $75 cash incentive (must enroll during the 2016 Annual Open Enrollment Period 10/1/15 - 12/11/15 and 2017 *dates TBD)

As a participant you can turn your activities into “Wellness Bucks” each month that can be “cashed in” for great prizes. Tracking of activities is all done monthly, online via the “Wellness Bucks Tally Sheets” that are available to all participants in Blackboard.

Blackboard is a one stop shop to your Wellness Warrior needs. In addition to the Wellness Bucks Tally Sheets, there you can find quick links to informational sites of our services and access to our monthly newsletter. Miss an email announcement, check Blackboard for program updates.

For more on the Wellness Warrior Program, please visit: http://wellness.wayne.edu or email us at wellness@wayne.edu