

Welcome 2016 Wellness Warrior Participant! We look forward to a great year of providing you with the tools and resources that will support you in accomplishing your wellness goals.

First Steps as a 2016 Wellness Warrior

Complete your first coaching call session! If you haven't already made your first appointment, please call 888-699-3554 to schedule your Wellness Coaching session. During the first session your coach will review your screening results and start your wellness goal development.

Wellness Warriors receive many included services as part of enrollment into the program. Starting in January of each year, enrolled participants have the opportunity to take part in included services, offered by WSU's very own Mort Harris Recreation and Fitness Center, the University Pharmacy, Strategic Wellness, and Ulliance.

Based on your risk level, you will have the opportunity to utilize a combination of Nutrition and/or Personal Training Sessions as part of your included services as a 2016 Wellness Warrior. Although information on individual risk level will not be available until February 2016, Wellness Warriors can start participating in both nutrition and personal training services effectively January 4, 2016.

Starting in February 2016, you will have the opportunity to find out your risk level from your Ulliance Wellness Coach, Personal Trainer at the Mort Harris Recreation and Fitness Center, Debbie Cavender our Wellness Warriors Nutritionist, and Maria Young at the University Pharmacy.

To find out more about the 2016 services, please visit: <http://wellness.wayne.edu/free-services.php>

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.

To find out more about monthly events, please visit: <http://wellness.wayne.edu/events.php>

Now that you completed both program enrollment steps, please enjoy a \$75.00 Cash Incentive that will be a direct deposit in an early 2016 paycheck. An email with a confirmation of the date will be sent early January.

Earn additional 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.

To find out more about earning incentives, please visit <http://wellness.wayne.edu/incentives.php>

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, 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. The 2016 Blackboard Organization will be available early January and a follow up announcement will be sent out with more information.

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