

DePaul's 2023 Wellness Program Point Schedule

Medical plan enrollees who earn 5,000 points by November 30, 2023, through the Wellness Program are eligible to receive a \$300 incentive credit toward 2024 medical plan premiums.

All points are to be logged in your WellRight account accessed through mybluesky.depaul.edu; your WellRight account also reflects the most up-to-date list of eligible activities.

Baseline Activities – Earn up to 1,500 points	
Health Assessment – Complete your online health assessment	500 Points
Measure Up – Complete your annual biometric screening	500 Points
Save Yourself – Increase the amount you save	250 Points
Priority Plan – Set personal goals	250 Points
Annual Activities – Earn up to 2,460 points	
Move It – Track 10,000 steps (2 points per day, up to 300 days)	600 Points
Reader's Dozen – Read 13 books (20 points each)	260 Points
Prevent It – Have a preventive screening	200 Points
Open Wide – Visit your dentist for a check-up	200 Points
Protect You – Get your flu shot or other recommended vaccines	200 Points
Classy Gym – Complete up to 10 fitness classes in one month (20 points each)	200 Points
Coffee Break – Stay connected with your co-workers	200 Points
Eye Exam – Complete your annual vision exam	200 Points
Stand Up – Get up every hour for at least one minute	200 Points
DePaul's Health & Benefits Fair – Attend the annual Health & Benefits Fair (Oct. 2023)	200 Points
Mental & Emotional Wellness – Earn up to 1,500 points	
ComPsych Webinar – Mental Health Awareness	300 Points
ComPsych Webinar – Tools to Handle Stress	300 Points
ComPsych Webinar – Languishing, Flourishing, and Your Mental Health	300 Points
ComPsych Webinar – Work & Life Balance in a Work-from-Home Environment	300 Points
ComPsych Webinar – Loneliness and Social Isolation in Today's World	300 Points
Financial Wellness – Earn up to 500 points	
Emergency Fund – Create a bank account for emergencies	100 Points
Estate Planning – Create a will	100 Points
Good Plan – Check your service plans	100 Points
Credit Report – Request your free credit report	100 Points
Interest Free – Pay down your debt	100 Points
DePaul Wellness Challenges – Earn up to 600 points	
DePaul Wellness Event – Participate in DePaul-sponsored wellness events	300 Points
DePaul Charity Event – Participate in up to DePaul-sponsored charity events	300 Points
Personal and Peer-to-Peer Challenges – Earn up to 1,000 points	
Pick from a list of challenges and earn 100 points each – up to 10 total challenges. (Examples: Bike 100 miles, Read 600 minutes, Be caffeine free for 30 days)	1,000 Points

DePaul's 2023 Wellness Program partner is WellRight. All active full-time and part-time, benefits-eligible faculty and staff enrolled in DePaul's medical plan (PPO, CDHP, HMOIL), as well as COBRA participants are eligible to earn a \$300 incentive credit toward their 2024 medical plan premiums if they register and complete activities by 11/30/2023 for the 2023 Wellness Program. This premium incentive is available to eligible faculty and staff who are enrolled in a DePaul medical plan as the primary subscriber.