



Spring Wellness Programs

Name	Date	Points
Winter Kettlebell	Jan 3 - Jan 21, 2011	1 Point per class
Winter Spin Class	Jan 4 - Jan 21, 2011	1 Point per class
Shape Up RI	Feb 7 - May 1, 2011	10 Points (upon completion)
Winter Lunchtime Volleyball	Jan 4 - Jan 20, 2011	1 Point per class
Tai Chi	Mondays Feb 21 - March 28, 2011	1 Point per class
Nia	Tuesdays Feb 22 - April 5, 2011 (no class 3/1)	1 Point per class
Yoga	Thursdays Feb 24 - March 31, 2011	1 Point per class
Nutrition 101 series	Wednesdays March 16 - March 30, 2011	2 Points per class 10 for completing all
Bryant Group Exercise	Jan 31 - June 3, 2011	1 Point per class
FIT TO Series	Jan 4 - January 27, 2011	1 Point per class
Go Red Blood Pressure Check	February 4, 2011	2 Points
Physical Activity Tracker	Online Form available on HR website	25 points = 25 exercise hours
Bryant 5K	More details to follow	10 points
BCBS Smoking Cessation Online Program	yourpha.com - Online (more information below)	5 points

Blue Cross Blue Shield Smoking Cessation Online Program-It takes courage to put down that last cigarette and quit smoking. Most people feel an intense combination of fear and excitement leading up to their quit date. Don't let that fear paralyze you, because the benefits you'll experience once you quit are well worth the work it takes to achieve.

For an educational video, go to [rewards.hwainstitute.com/Bryant-Sign In-Milestones & Steps-I choose to live healthy: smoking cessation](http://rewards.hwainstitute.com/Bryant-Sign-In-Milestones-&Steps-I-choose-to-live-healthy:smoking-cessation)

Frequently Asked Questions

What is the maximum Spring incentive credit that can be earned?

The maximum Spring incentive is \$25. The credit will be applied in a July 2011 paycheck based on your participation.

Who is eligible to participate?

All Bryant University faculty and staff are eligible to participate in the Wellness Programs but only eligible members covered by BCBSRI will be eligible for the incentive credit. (Faculty and Staff who waive coverage, and members of the United Service and Allied Workers of RI are not eligible for the credit but are encouraged to participate in the programs).

Is my spouse eligible to participate?

No. Only employees are able to participate in the Spring Bryant Good Cent\$ Wellness Program.

What if I maintain a healthy lifestyle outside of work?

Bryant/BCBSRI have a physical activity tracker available that can be used to keep track of your physical activity. Information reported can be used towards your Wellness Program participation and the \$25 incentive credit.

How can I enroll in the Bryant Good Cent\$ Wellness Program?

Eligible members who are interested in registering may stop by the Human Resources Office to pick up a HITS card. Once you receive the card you may register online.

Do I have to participate?

Bryant Good Cent\$ is strictly voluntary. Employees are under no obligation to participate.