**Meeting Agenda**

**January 16, 2020**

1:30 pm – 3:30 pm

Nuclear Engineering Laboratory, Seminar Room 215

**Attendees:** Deven Carlson, Carol Clure, Terri Cullen, Judy Estes, Kevin Farmer, Nancy Geiger, Sara Holland, Dan Hough, Luanne Howk, Rhonda Lawes, Chris McNabb, Amy Pepper, Matthew Rom, Beth Sullins, Will Wayne

<table>
<thead>
<tr>
<th>Time</th>
<th>Item</th>
<th>Presenter(s)</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30 pm</td>
<td>Call to Order</td>
<td>Cullen</td>
<td></td>
</tr>
<tr>
<td>1:30 – 1:35pm</td>
<td>Approve Minutes</td>
<td>Cullen</td>
<td>Vote</td>
</tr>
<tr>
<td>1:35 – 1:50 pm</td>
<td>Benefits Update</td>
<td>Camargo-Quinn</td>
<td>Update</td>
</tr>
<tr>
<td></td>
<td>• Implementation Status</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Plan Year 2021</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Willis Dashboard <em>(Agenda Item 1)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:50 – 1:55 pm</td>
<td>Retirement Update</td>
<td>Powell</td>
<td>Update</td>
</tr>
<tr>
<td></td>
<td>• Fidelity 1-on-1’s <em>(Agenda Item 2)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Retirement Communication</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:55 – 2:15 pm</td>
<td>Wellness Update <em>(Agenda Item 3)</em></td>
<td>Mitchell</td>
<td>Update</td>
</tr>
<tr>
<td></td>
<td><em>LiveWell OU</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Wellness Report</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• LiveWell OU Program Overview</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Upcoming Events / Challenges</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:15 – 2:20 pm</td>
<td>New Business</td>
<td>Cullen</td>
<td>Update</td>
</tr>
<tr>
<td>2:20 pm</td>
<td>Wrap Up / Adjournment</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Agenda Item 1

Willis Dashboard
This page is Proprietary and Confidential.
Agenda Item 2

Fidelity 1-on-1 Dates
# Fidelity 1-on-1 Dates

## Norman Campus

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>01/14/2020</td>
<td>Wagner Hall, Room 201</td>
</tr>
<tr>
<td>01/23/2020</td>
<td>Wagner Hall, Room 201</td>
</tr>
<tr>
<td>01/28/2020</td>
<td>Wagner Hall, Room 201</td>
</tr>
<tr>
<td>02/03/2020</td>
<td>Oklahoma Memorial Union, John Houchin Room</td>
</tr>
<tr>
<td>02/14/2020</td>
<td>Oklahoma Memorial Union, John Houchin Room</td>
</tr>
<tr>
<td>02/20/2020</td>
<td>Wagner Hall, Room 201</td>
</tr>
<tr>
<td>03/03/2020</td>
<td>Wagner Hall, Room 201</td>
</tr>
<tr>
<td>03/12/2020</td>
<td>Wagner Hall, Room 201</td>
</tr>
</tbody>
</table>

## Health Sciences Center

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>01/16/2020</td>
<td>865 Research Parkway, Suite 270, Room 273</td>
</tr>
<tr>
<td>01/24/2020</td>
<td>865 Research Parkway, Suite 270, Room 273</td>
</tr>
<tr>
<td>02/07/2020</td>
<td>College of Allied Health, Room 3129</td>
</tr>
<tr>
<td>02/18/2020</td>
<td>College of Allied Health, Room 3129</td>
</tr>
<tr>
<td>02/24/2020</td>
<td>College of Allied Health, Room 3129</td>
</tr>
<tr>
<td>02/27/2020</td>
<td>College of Allied Health, Room 3129</td>
</tr>
<tr>
<td>03/30/2020</td>
<td>865 Research Parkway, Suite 270, Room 273</td>
</tr>
</tbody>
</table>

## Tulsa Campus

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>01/29/2020</td>
<td>TBD</td>
</tr>
<tr>
<td>02/12/2020</td>
<td>TBD</td>
</tr>
<tr>
<td>03/05/2020</td>
<td>TBD</td>
</tr>
</tbody>
</table>
Agenda Item 3

Wellness
2019 Incentives

**OU Wellness 2019 Payout (# of EEs)**

- Tulsa: 30, 20, 180, 89
- Norman: 99, 72, 96, 507

**OU Wellness total incentive payout:** $219,540

**Number of employees that received cash incentive:** 937

**OU Wellness 2019 Payout**

- Tulsa: $1,800, $1,680, $5,400, $26,700
- Norman: $5,940, $8,640, $17,280, $152,100

**Total OU Wellness 2019 Payout (Norman + Tulsa)**

- $60: 6%
- $120: 14%
- $300: 3%
- $500: 19%

**OU Fit 2019 Payout (# of EEs)**

- OU Fit: 46, 43, 23, 25

**OU Fit total incentive payout:** $32,600

**Number of employees that received cash incentive:** 137

**OU Fit 2019 Payout**

- OU Fit: $4,600, $8,600, $6,900, $12,500

**OU Fit 2019 Payout**

- $500: 31%
- $300: 17%
- $200: 14%
- $100: 58%
**LiveWell OU Portal**

- Registered Users (1/9/2020): 7867
  - Norman: 4605
  - OUHSC/OUMI: 3033/44
  - Tulsa: 240
- Added since Jan. 2: 178 (1/9/2020)

**FitStart Challenge**

- 66 Teams Registered (1/9/2020)
  - Norman: 23
  - OUHSC/OUMI: 36/3
  - Tulsa: 3

**Est. LiveWell OU total incentive payout: $245,925**

**Est. number of employees receiving cash incentive: 1711**
ABOUT LiveWell OU

Our Mission: We are committed to nurturing the overall wellbeing of our University employees by empowering them with the knowledge, skills, and tools to make healthy lifestyle choices through effective programming, valuable resources, and a supportive environment.

Our Vision: We will be one of the healthiest employers in Oklahoma by providing a fulfilling, vibrant and well-rounded employee wellness program that supports all University employees in enhancing their overall wellbeing to achieve a better quality of life at home and at work.

What is LiveWell OU?
LiveWell OU is an employee wellness program that is committed to nurturing the overall wellbeing of our employees. The program operates off of the calendar year of January 1st – November 30th and focuses on being inclusive of all dimensions of wellness including:

1. Emotional
2. Environmental
3. Financial
4. Intellectual
5. Occupational
6. Physical
7. Social
8. Spiritual

Who can join LiveWell OU?
LiveWell OU participation is open to employees of the University of Oklahoma (Norman, Oklahoma City, Tulsa and off-site clinics/offices) and OU Medical Center employees.

How to login or join to LiveWell OU’s portal?
It’s simple! If you do not have an account with LiveWell OU’s online portal please follow the instructions below.

1. Go to http://www.LiveWellOU.com then select your location from the drop down menu.
   a. OU Norman employees may login using their 4x4’s via single sign-on
   b. OU Health Sciences Center and OU Medical Center (OUMI) employees will need register for an account using a unique pin.
2. Create and complete your wellness profile.
3. Your done setting up your account. Welcome to LiveWell OU!

Contact the LiveWell OU Department at wellness@ouhsc.edu (OUHSC/OU-Tulsa) or wellness@ou.edu (OU Norman) for assistance or questions regarding registration or the program.

When is the active time for LiveWell OU employee wellness program?
The LiveWell OU program operates off of the calendar year of January 1st through November 30th broken into quarters. Monetary incentives are distributed at the end of each program year in December, based on points accumulated during that quarter.

---

1 While all of OU Medicine & University of Oklahoma (Norman, Oklahoma City, Tulsa and off site clinic/offices) employees are welcome to participate in the wellness program, monetary incentives are reserved benefits eligible employees employed by The University of Oklahoma and The OU Health Sciences Center. Monetary and cash equivalent incentives are considered taxable income according to IRS regulations. If unsure of incentive eligibility, please contact LiveWell OU to see if you’re eligible for LiveWell OU’s year-end monetary incentive. Participants must be employed with the University at the day of payout in order to receive the annual incentive. Incentive payout occurs in December of the current calendar year.
yearly time frame and fulfilling the program requirements. Quarterly incentives will be distributed the following quarter after the previous has been completed.

When does each quarter for the program begin and end?

- Quarter 1 – 1/2/2020 – 03/31/2020
- Quarter 2 – 04/01/2020 – 06/30/2020
- Quarter 3 – 07/01/2020 – 09/30/2020
- Quarter 4 – 10/01/2020 – 11/30/2020

All submissions and point uploads must be entered in by the final date of each quarter. No late submissions.

Quarterly Incentive, Monetary Incentive and Program Requirements

Quarterly Item Incentive

Employees of The University of Oklahoma and the OU Health Sciences Center (Norman, Tulsa, Oklahoma City and offsite clinic/offices) of the program regardless of benefits eligibility status are able to participate in the quarterly incentive item (not monetary incentive) by earning a certain number of points each quarter.

Each quarter a participant will be encouraged to participate in the program by engaging in all dimensions of wellness. In order to receive the quarterly item (i.e. mug, bag, etc.) the participant must log a minimum of 1500 points each quarter (max of 2,000).

- **Quarter 1 item requirement**: 1500 points total
- **Quarter 2 item requirement**: 1500 points total
- **Quarter 3 item requirement**: 1500 points total
- **Quarter 4 item requirement (short quarter)**: 1500 points total

Participants can view their quarterly participation and how well they are balancing all dimensions of wellness by looking at the Welcome! Tab located on the wellness portal homepage (see example below).

Note: OU Medicine Inc. (OUMI/OUMS) employees are not eligible for incentives at this time.

Monetary Incentive (Full program year)

Employees that are eligible¹ for the annual monetary incentive please review the following information.

Point Structure & Incentive Payouts:

The point structure for LiveWell OU has a maximum of 8,000 points tracked quarterly throughout the program year² within the portal system.

---

¹ Program Year refers to January 1 – November 30 each calendar year.

² Program Year refers to January 1 – November 30 each calendar year.
Participants can earn up 2,000 points in a quarter by redeeming points in any of the eight wellness categories, the quarterly points go towards the annual monetary incentive.

Incentive eligible employees can earn a maximum of 8,000 points during the program year January 1 – November 30 of the current calendar year. Points below are based off active participation throughout the program year of January 1 – November 30.

Points earned from each quarter go towards the point total for the annual monetary incentive goal.

Please refer to the chart below to learn more about the annual monetary incentive tiers (based off points earned throughout the program year each quarter). Please note, that eligible participants must also complete the annual requirements in order to receive the incentive.

<table>
<thead>
<tr>
<th>Program Completion (January – November)</th>
<th>Amount of Total Points (January – November)</th>
<th>Total Points Allowed</th>
<th>Incentive (Incentives are paid out during December of current calendar year)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-24.9%</td>
<td>0-1,999</td>
<td>8,000</td>
<td>$0</td>
</tr>
<tr>
<td>25-49.9%</td>
<td>2,000-3,999</td>
<td>8,000</td>
<td>$50.00</td>
</tr>
<tr>
<td>50-74.9%</td>
<td>4,000-5,999</td>
<td>8,000</td>
<td>$125.00</td>
</tr>
<tr>
<td>75-99.9%</td>
<td>6,000-7,999</td>
<td>8,000</td>
<td>$200.00</td>
</tr>
<tr>
<td>100%</td>
<td>8,000</td>
<td>8,000</td>
<td>$300.00</td>
</tr>
</tbody>
</table>

Example one: If an incentive eligible employee earned 1,000 points each quarter for a total of 4,000 points from January 1, 2020 to November 30, 2020 + met the annual requirements they would earn the $125.00 category.

Example two: If an incentive eligible participant is aiming to earn the $300.00 monetary incentive, they would need to earn the maximum 2,000 points each quarter while also meeting the annual requirements.

Program Requirements for Incentive Eligible Employees

Eligible employees need to complete the following program requirements in order to be eligible for the annual monetary incentive (listed in the Program Completion chart above).

Participants can view their annual requirements by selecting the Annual Requirements tab on the portal homepage. All annual requirements and point entries must be completed by no later than November 31, 2020. No exceptions.

1. Annual Physical / Health Screening:

Participants will need to upload proof of their annual physical and/or health screening to the portal.

- The annual physical or health screening will be completed by a physician. These visit will typically include cholesterol, glucose, triglycerides, blood pressure, BMI, etc. Participants may use the on campus Health Screenings that are offered at various times throughout the year by the OU Physicians’ Health & Wellness Department, or schedule an appointment with their primary care physician/provider. (Please note: While LiveWell OU works closely with the OU Physicians’ Health & Wellness Department for health screenings, however we are separate departments.)

- All uploads into the portal are kept confidential and protected. Proof may include an official document from the appointment with name and date of visit (i.e. doctors note). Please do not upload personal diagnosis or results from the visit.

- Annual physical / health screening documentation must be from the following time frame December 1, 2019 – November 30, 2020 and submitted to your portal account by the 30th of November of the current calendar year (no late submissions accepted). Please mark this date on your calendar.

While all of OU Medicine & University of Oklahoma (Norman, Oklahoma City, Tulsa and off site clinic/offices) employees are welcome to participate in the wellness program, monetary incentives are reserved benefits eligible employees employed by The University of Oklahoma and The OU Health Sciences Center. Monetary and cash equivalent incentives are considered taxable income according to IRS regulations. If unsure of incentive eligibility, please contact LiveWell OU to see if you’re eligible for LiveWell OU’s year-end monetary incentive. Participants must be employed with the University at the day of payout in order to receive the annual incentive. Incentive payout occurs in December of the current calendar year. OU Medicine Inc. (OUMI/OUMS) employees are not eligible for incentives (quarterly or annual) at this time.
2. **Annual Work-Life Health & Balance Assessment**
   - This assessment is completed via the LiveWell OU portal. Login to your account and go to the *Annual Requirements* tab in order to complete the assessment.
   - Assessment requirement must be completed by November 30, 2020.

*Note: All individual information is kept confidential and will only be used as an aggregate number (not individual specific) to gather information with how to improve our LiveWell OU program and/or ways to reach our employee population for healthier living.*

## WELLNESS ELEMENTS

As part of the program we are encouraging all employees to be active in their overall wellbeing by nurturing all dimensions of wellness. Activities and events available for points’ each quarter on the LiveWell OU portal will be color coded to the appropriate dimension of wellness. Each dimension of wellness often overlaps with one or many others. It is important we take care of all areas to some extent. LiveWell OU offers many activities in each area of wellness for a participant to engage in.

Each quarter there will be certain activities available to participate in some will only be available for that quarter, redeemable 1x per year or a couple of times. LiveWell OU periodically reviews all uploads and point redemptions on the portal. LiveWell OU reserves the right to remove points under certain instances, such as inaccurate upload and/or point redemption.

To view descriptions and specific requirements of each activity or event please login into your LiveWell OU portal and click on the current quarter tab to view.

*All proof of completion, uploaded points must be logged into the wellness portal by November 30th of the current program year.*

### 1. Physical

Physical Wellness - The ability to maintain a healthy quality of life without undue fatigue and stress by adopting healthful habits while avoiding destructive habits.

Activities available for points may include but are not limited to the following:

- 30 minutes of physical activity or 7,500 steps each day (logged into portal) – 5 points/day
- Logging nutritional intake (in portal) – up to 5 points/day (1 point per item entry)
- FitStart Challenge – up to 100 points
- Preventative Cancer Screening – 100 points (redeemable 1x per year but can redeem any quarter)
  - Upload proof of completion + Enter Date of event
- Dental Exam – up to 200 points (100 pts ea. time/ 2x per year but available any quarter)
  - Upload proof of completion + Enter Date of event
- Vision Exam – 150 points (redeemable 1x per year but can redeem any quarter)
  - Upload proof of completion + Enter Date of event
- Hearing Exam – 150 point (redeemable 1x per year but can redeem any quarter)
  - Upload proof of completion + Enter Date of event
- Flu Shot – Up to 200 points (redeemable 2x per year but can redeem any quarter/100 pts per upload)
  - Upload proof of completion + Enter Date of event
- Wellness Challenges – points & availability will vary
- Magellan Webinars (online) – up to 300 points (150pts ea. time/ 2x per quarter)
  - Upload proof of completion + Enter Date of event
- Webinars (not Magellan) – Up to 200 points (100pts ea. time/2x per quarter)
  - Upload proof of completion + Enter Date of event
- Lunch and Learn (in person: not sponsored by LiveWell OU) – 100 points each
  - Upload proof of completion + Enter Date of event
- LiveWell OU Lunch and Learn – 200 points (will list them individually as we schedule them)

### 2. Financial
Financial Wellness - Having an understanding of your financial situation and taking care of it in such a way that you are informed and prepared for financial changes and responsibilities

Activities available for points may include but are not limited to the following:

- In-person Consultation with Fidelity or a Financial Advisor – 150 points (1x per quarter)
  - Enter Date of Consultation
- Online Workshop with Fidelity – up to 300 points (2x per quarter/ 150 pts each redemption)
  - Upload proof of participation + Enter Date of event
- Wellness Challenges – points & availability will vary
- Magellan Webinars (online) – up to 300 points (150 pts ea. time/ 2x per quarter)
  - Upload proof of participation + Enter Date of event
- Lunch and Learn (in person: not sponsored by LiveWell OU) – 100 points each
  - Upload proof of participation + Enter Date of event
- LiveWell OU Lunch and Learn – 200 points (will list them individually as we schedule them)
  - Will be issued a code by LiveWell OU after confirmation of attendance.
- Webinars (not Magellan) – Up to 200 points (100pts ea. time/2x per quarter)
  - Upload proof of participation + Enter Date of event

3. Spiritual

Spiritual Wellness - Living with a meaning/purpose in life; exploring beliefs and values that create personal peace and understanding.

Activities available for points may include but are not limited to the following:

- Try Tai Chi – up to 200 points (8x per quarter or 25 ea. redemption)
  - Must enter in date of class
- Wellness Challenges – points & availability will vary
- Magellan Webinars (online) – up to 300 points (150 pts ea. time/ 2x per quarter)
- Lunch and Learns (in person: not sponsored by LiveWell OU) – 100 points each
  - Upload proof of participation + Enter Date of event
- Webinars (not Magellan) – Up to 200 points (100pts ea. time/2x per quarter)
  - Upload proof of participation + Enter Date of event
- Meditation Class – Up to 300 points (12x per quarter or 25 pts per redemption)
  - Must enter in date of meditation session + time spent + outcome of participating in meditation
- LiveWell OU Lunch and Learn – 200 points (will list them individually as we schedule them)
  - Will be issued a code by LiveWell OU after confirmation of attendance.
- Volunteer (Religious group or organization) – up to 300 points (redeemable 2x per quarter for 150 pts ea. time)

4. Emotional

Emotional Wellness – The ability to understand ourselves and cope with the life challenges of stress and change.

Activities available for points may include but are not limited to the following:

- Support Groups – up to 200 points (redeemable 2x per quarter for 100 pts ea. time)
- FitStart Challenge – Up to 100 points
- Wellness Challenges – points & availability will vary
- Magellan Webinars (online) – up to 300 points (150 pts ea. time/ 2x per quarter)
  - Upload proof of participation + Enter Date of event
- Lunch and Learns (in person not sponsored by LiveWell OU) – 100 points each
  - Upload proof of participation + Enter Date of event
- Webinars (not Magellan) – Up to 200 points (100pts ea. time/2x per quarter)
5. Social

Social Wellness – The ability to successfully interact with people and feel connected to the community and being able to establish supportive social networks and sense of belonging.

Activities available for points may include but are not limited to the following:

- Volunteer (live to give, food bank, etc.) – up to 300 points (redeemable 2x per quarter for 150 pts ea. time)
- FitStart Challenge – Up to 100 points
- Wellness Challenges – points & availability will vary
- Magellan Webinars (online) – up to 300 points (150 pts ea. time/ 2x per quarter)
- Lunch and Learns (in person: not sponsored by LiveWell OU) – 100 points each
- Blood donation – 200 points (1x per quarter)
- Webinars (not Magellan) – Up to 200 points (100pts ea. time/2x per quarter)
- LiveWell OU Lunch and Learn – 200 points (will list them individually as we schedule them)
  - Will be issued a code by LiveWell OU after confirmation of attendance.

6. Intellectual

Intellectual Wellness - The ability to recognize creative abilities and find ways to expand knowledge and skills

Activities available for points may include by are not limited to the following:

- Dementia Awareness Activity – points may vary
- Personal Development Training – up to 400 points (200 pts ea. redemption or 2x/quarter)
  - May include Stop the Bleed, LGBT Ally, Time Management, Leadership Training, personal development courses.
  - Upload proof of participation + Enter Date of event
- Wellness Challenges – points & availability will vary
- Weekly blog entry on the LiveWell OU portal – 15 points each weekly entry
- Book Club – up to 100 points (2x per quarter)
  - Enter Date of event + Name of the book
- Magellan Webinars (online) – up to 300 points (150 pts ea. time/ 2x per quarter)
  - Upload proof of participation + Enter Date of event
- Lunch and Learns (in person: not sponsored by LiveWell OU) – 100 points each
  - Upload proof of participation + Enter Date of event
- Webinars (not Magellan) – Up to 200 points (100pts ea. time/2x per quarter)
- LiveWell OU Lunch and Learn – 200 points (will list them individually as we schedule them)
  - Will be issued a code by LiveWell OU after confirmation of attendance.
7. Occupational

Occupational Wellness – Is the personal satisfaction and enrichment from one’s work.

Activities available for points may include by are not limited to the following:

- Professional Development Training – up to 450 points (225 pts ea. redemption or 2x/quarter)
  - Can include: trainings offered through the OUHSC Learning & Organizational Development Department like - Leadership Council, DISC Training, Professionalism, Civility, feedback and listening, etc.)
  - Upload proof of participation + Enter Date of event
- CPR/First Aid – 150 points (redeemable 1x per year but can redeem any quarter)
  - Upload proof of completion + Enter Date of event
- Magellan Webinars (online) – up to 300 points (150 pts ea. time/ 2x per quarter)
  - Upload proof of participation + Enter Date of event
- Employee satisfaction survey – up to 250 points (1x per quarter)
  - Listed as event with following questions to be answered:
    - How many hours do you work Monday-Friday?
    - Do you find your job satisfying?
    - Do you find your job to be stressful?
    - What are some ways you like to reduce your stress level(s)?
    - On a scale of 1-10 (1 being not at all and 10 being very likely), please rate the following:
      My work gives me a personal sense of accomplishment.
    - On a scale of 1-10 (1 being not at all and 10 being very likely), please rate the following:
      I feel like my employer values my input and ideas.
- Lunch and Learns (in person: not sponsored by LiveWell OU) – 100 points each
  - Upload proof of participation + Enter Date of event
- Seminars, Conferences and Continuing Education Credits/Units – up to 400 points/quarter (200pts/redemption)
  - Upload proof of participation + Enter Date of event
- Webinars (not Magellan) – Up to 200 points (100pts ea. time/2x per quarter)
  - Upload proof of participation + Enter Date of event
- LiveWell OU Lunch and Learn – 200 points (will list them individually as we schedule them)

8. Environmental

Environmental Wellness - Good health by occupying pleasant, stimulating environments that support well-being.

Activities available for points may include by are not limited to the following:

- Farmers Market Visit - up to 300 points (100 pts per redemption/quarter)
  - Upload proof of participation + Enter Date of event
- Acts of Kindness Challenge – 150 points
- Magellan Webinars (online) – up to 300 points (150 pts ea. time/ 2x per quarter)
  - Upload proof of participation + Enter Date of event
- Lunch and Learns (in person: not sponsored by LiveWell OU) – 100 points each
  - Upload proof of participation + Enter Date of event
- Webinars (not Magellan) – Up to 200 points (100pts ea. time/2x per quarter)
  - Volunteer with an Environmental Group – 150 points (1x per quarter)
  - Ride your bike to work – Up to 200 points (50 pts ea./4x per quarter)
  - Enter in Date of ride and distance/time taken
CONTACT

PORTAL: Need help with technical or system functionality questions on the LiveWell OU portal? Contact help@fitthumb.com

LIVEWELL OU PROGRAM: For inquiries about the program or events, contact wellness@ou.edu or wellness@ouhsc.edu
**6-Week Wellness Challenge**

**Begins January 27, 2020!**

FitStart is a team challenge that focuses on various dimensions of wellness over a 6-week timeframe: January 27 – March 6

**Why Join?**

- Start a new goal
- Be part of a team
- Create healthy habits
- Be challenged

**Change your lifestyle**

More information coming soon to LiveWell OU participants.

**Start forming your teams today!**

*Individual assessment information is kept confidential*