

# Central Michigan University

## 2025-2026 Well-Being Rewards Guide

Central Michigan University partners with Health Advocate to provide you with tools and resources to support your well-being. We encourage you to focus on your health and happiness. Plus, you'll earn exciting rewards for your efforts!



Start date:  
**July 1, 2025**



Deadline to earn points:  
**June 30, 2026**



Deadline to redeem  
reward dollars:  
**July 31, 2026**



**You earned it!** Now it's time  
to enjoy your reward

### Well-Being Rewards Details

Earn up to \$400 by completing well-being activities. Earn \$100 for every 200 points you reach, up to \$400 max for 800 total points. You can redeem your earnings for a variety of e-gift cards, fitness gear and other healthy merchandise.

**Points and reward dollars do not roll over so use them by July 31, 2026 or lose them!**

### Well-Being Rewards Program Eligibility

The Central Michigan University Wellness Program is available to all benefit-eligible active staff, fixed-term and medical faculty, and post-doctoral research fellows. Spouses and dependent children age 18+ can utilize the wellness program features but are not eligible for the \$400 reward.



Health Advocate's well-being tools and resources are organized by four learning pillars  
— **Be Well, Be Balanced, Be Connected, and Be Successful** —  
to guide you toward a more fulfilling and healthy life.

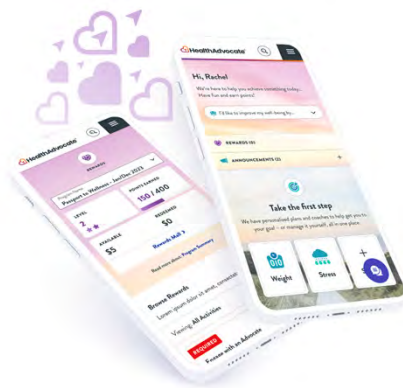
# CMU 2025-2026 Well-Being Program

Be Well | Be Balanced | Be Connected | Be Successful

**Complete your choice of the wellness and coaching activities below to earn points.  
Earn \$100 for every 200 points you reach, up to \$400 max for 800 total points.**



Preventive Care	Points/Max.
Annual Physical Exam	80
Cancer Screenings	40/120
Preventive Dental Exams	20/40
Vision Exam	20
Vaccinations	20/40



**Discover all the benefits  
of your well-being program!**

Explore Health Advocate's member website and mobile app where you can review the full program and reward details, complete activities, track your points and progress, and more!

**HealthAdvocate.com/CMU**  
Registration code: 6JFG6XQ

**Access Well-being**



Activity	Points/Max.
Personal Health Profile (PHP)	100
Personal Pathfinder	15/60
Well-Being Portal Login	10 per month
Learning Center Articles & Videos	1/20
Engage with an Advocate	30/60
Quality Connect Provider Match Tool	10
Well-Being Workshops	40/240
Health Education Session	30
3-Session Coaching Programs	100/200
6-Session Coaching Program	200
Chronic Care Support Program	Enrollment 50 Completion 200
Personal Pathways	80/320
Personal Challenges	20/120
CMU Challenges	Stay Tuned!
Tobacco Free Affidavit	25
Tobacco Cessation Program Online or Coaching	Enrollment 25 Completion 175
EAP Webinars or Skill Builders	40/160
dCBT Learning Module	80/80
dCBT Flash Course	10/20



# Develop positive routines to improve your health

Track healthy habits and meet the recommended goals to earn points.

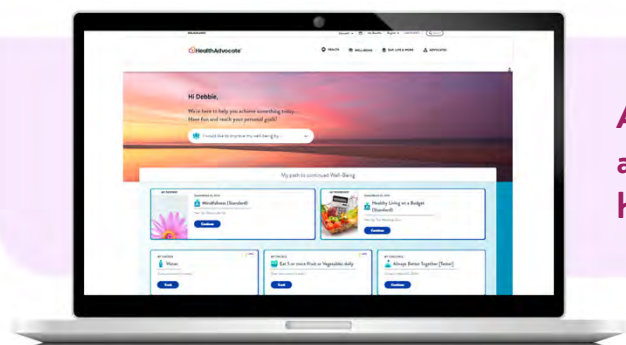
**Earn a maximum total of 400 points across all trackers.**

Be Well Trackers		Recommended Goal	Points
	<b>Fruits and Vegetables</b>	Boost your nutrition by eating 5 or more servings daily	1/100
	<b>Whole Grains</b>	Eat 3 or more servings of whole grains daily	1/100
	<b>Water</b>	Stay hydrated by drinking 8 glasses (64 ounces) of water daily	1/50
	<b>Distance Exercised</b>	Log the distance you exercise daily	1/50
	<b>Stretching</b>	Improve your flexibility by stretching for 10 or more minutes daily	1/50
	<b>Physical Activity</b>	For every 5,000 steps you take daily, earn 1 point (2 points daily max)	1-2/100
	<i>(combined tracker)</i>	Get fit by exercising for at least 150 minutes weekly	5/150
	<b>Weight</b>	Log your weight weekly	5/50
	<b>Strength Training</b>	Increase your strength by performing this activity 2 or more days weekly	5/50
Be Balanced Trackers		Recommended Goal	Points
	<b>Sleep</b>	Function your best by sleeping at least 7 hours each night	1/50
	<b>Manage Stress</b>	Perform one or more activities to relieve stress daily	2/100
	<b>Meditation/Resilience</b>	Perform one or more meditation or resilience activities daily	1/50
	<b>Mood</b>	Track your mood daily	1/50
Be Connected Trackers		Recommended Goal	Points
	<b>Reduce Social Media</b>	Spend less time on social media daily	1/50
	<b>Charity Work</b>	Give back by volunteering your time at least once a month	10/50

*There are many other trackers available on the website for your use that are not reward-eligible.  
Use them to help you meet your personal goals.*

**Access your in-progress  
activities on the Well-Being  
home page.**

**My Activities**





## You did the work. Now get rewarded!

Online Rewards Mall



### Track your earned points and eligible reward dollars

- Log on to your **Health Advocate member website or app** to track your activity, check your points and start shopping. Once logged on:
- Select **Well-Being** to open a drop-down menu, then click on **Rewards** where you will find information on how you can earn points, completed activities, earned points and eligible reward dollars.
- Click on **Rewards Mall** to start shopping for your prize!

### Start shopping for your rewards!

- **Search for particular e-gift cards or fitness devices** using the Keyword Search box or search by category listed on the left side of the page.

### Redeem a reward

- **Choose the e-gift card or fitness device** you want and click to add it to your cart.
- **Then visit your cart** and click **Checkout**.
- **Enter your information.** Your name, phone number, and email are required for e-gift cards; all fields are required for fitness devices. Then click on **Review Order**.
- **Make sure all your information is correct**, and then click **Place Order**.

### Split tender

- **Want a fitness device or e-gift card, but don't have enough points to purchase it?** You can choose to split tender, which means you can pay for part of it with your points and part of it with your credit card.

### Cash out

- **You can also cash out your points for Amazon and/or Visa e-gift cards** by clicking the purple buttons on the left side of the rewards mall.

### Visa Gift Cards

- **After you place your order** for a Visa gift card and it is processed, Visa will send you an email explaining how you can claim your reward.
- **You can request a virtual Visa gift card or a physical Visa gift card** that will be mailed to you. A \$5 surcharge fee applies for a physical card.

### Check your orders

- **You can access detailed information** about your orders by selecting the **Order History** drop-down menu by your name and dollar value.
- **Check your Order History** whenever you have a question about any of your orders.

### Submit a help request

- **You can submit a help ticket** right on the rewards mall website. Click **Help** in the top right corner of the rewards website for issues like needing help with an order, an item, and more.



866.799.2691

answers@HealthAdvocate.com

HealthAdvocate.com/CMU

Registration code: 6JFG6XQ

Call • Email • Message • Live Chat

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

©2025 Health Advocate

 **HealthAdvocate<sup>SM</sup>**



# Frequently Asked Questions

## How do I register for the Health Advocate website and mobile app?

**A:** Follow these simple steps to register:

1. Visit **HealthAdvocate.com/CMU** or download the mobile app

Registering from mobile app? Use below code

Registration Code: **6JFG6XQ**

2. Click on “Register Now”
3. Enter the required information, confirm your registration, then log in

## Q: What can I do on the Health Advocate app?

**A:** The Health Advocate app has the same tools and resources available on the website in a mobile-friendly version. It makes it easier to get healthy on the go and interact with Health Advocate wherever you are and whenever you want!

## Q: What if I am unable to fulfill a requirement of the reward program?

**A:** We are committed to helping you thrive and find your path to well-being. If you think you might be unable to meet a certain standard for points under this program, you may be able to earn the same points by a different means. Please contact Health Advocate for more information.

## Q: What are some well-being goals Health Advocate supports?

**A:** We can help you with a wide range of goals that fall under the four learning pillars of Be Connected, Be Balanced, Be Well, and Be Successful. We'll also help you find your personal path to well-being, discover what is important to you, and support you throughout your wellness journey.

## Q: If I went to my doctor earlier in the year, can I earn points for my exam?

**A:** Visits occurring between July 1, 2025 and June 30, 2026 will qualify for credit. *You must report your exams online if they are within 3 months of the deadline (6/30/26).*

## Q: Are my rewards taxable?

**A:** Due to IRS rules, rewards are considered taxable income. They will be included on your W-2 and are subject to applicable payroll taxes such as federal, state, Social Security and Medicare taxes.

## Q: What other issues is Health Advocate able to assist me and my family with?

**A:** Health Advocate can help you and your family:

- Get answers to your insurance and claims questions, resolve billing issues and connect you to all of your benefits
- Identify emotional and mental health issues and find strategies to cope through support from an EAP Professional
- Connect with specialists for help with work/life balance, legal and financial issues
- Better manage chronic conditions with expert guidance from a Certified Nurse Coach

## Q: When is Health Advocate available?

**A:** Health Advocate is available 24/7. Normal business hours are Monday - Friday, from 8 AM to 10 PM, ET. Wellness coaching is available weekdays from 8 AM to 9 PM, ET. Staff is available for assistance after hours and on weekends.

## Q: Will my information and interaction with Health Advocate remain private?

**A:** Yes. Your medical and personal information is kept strictly confidential. Our staff carefully follows protocols and complies with all government privacy standards.



**866.799.2691**

answers@HealthAdvocate.com

HealthAdvocate.com/CMU

Registration code: **6JFG6XQ**

**Call • Email • Message • Live Chat** 

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

©2025 Health Advocate

