

Central Michigan University

2026-2027 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, 2026



Complete activities
to help you **thrive**



Deadline to earn points:
June 30, 2027



Deadline to redeem rewards:
July 31, 2027



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

Well-Being Rewards Details

Earn up to \$400 by completing well-being activities. Receive \$100 for every 200 points you earn, up to \$400 max for reaching 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. Spend them in the Rewards mall by 7/31/2027 or lose them!

Well-Being Rewards Program Eligibility

The Central Michigan University Wellness and Coaching 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 to guide you toward a more fulfilling and healthy life:

Be Well, Be Balanced, Be Connected, and Be Successful



HUMAN RESOURCES
BENEFITS & WELLNESS
CENTRAL MICHIGAN UNIVERSITY



CMU 2026-2027 Well-Being Program

Be Well | Be Balanced | Be Connected | Be Successful

Receive \$100 for every 200 points you earn, up to \$400 max for reaching 800 total points.

Log in to your Health Advocate account to find the full description for each activity below.



Activity

Points/Max

Personal Health Profile (PHP)	50
Personal Pathfinder	15/60
Well-Being Portal Login	10 per month
Learning Center Articles & Videos	1/10
Engage with an Advocate	30/60
Quality Provider Match Tool	10
Well-Being Workshops	40/240
Tobacco Free Affidavit	25
Personal Pathways	80/320
Personal Challenges	20/120
CMU Challenges	Stay Tuned!

Wellness and Nurse Coaching Programs

Tobacco Cessation Program <i>Online or Coaching</i>	Enrollment 25 Completion 175
Health Education Session	30
3-Session Wellness Coaching	100/200
6-Session Wellness Coaching	200
Nurse Coaching Program for Chronic Care and Conditions	Enrollment 50 Completion 200



New Activities for Points!

Activity	Points/Max
Community Wellness	25/100
Financial Consultation	30
Financial Webinars/Courses	15/75



Preventive Care

Activity	Points/Max
Annual Physical Exam	150
Cancer Screenings	60/120
Preventive Dental Exams	25/50
Vision Exam	25
Vaccinations	20/40



Health Advocate EAP Services

Activity	Points/Max
Webinars or Skill Builders	40/160
dCBT Learning Module	80/80
dCBT Flash Course	10/20



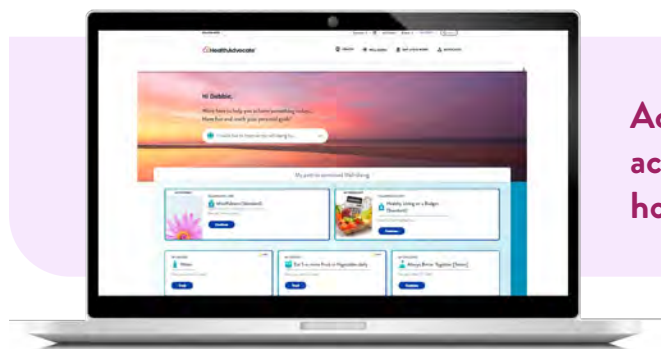
Develop positive routines to improve your health

Track healthy habits and meet the recommended goals to earn points daily, weekly, or monthly.

Earn a maximum total of 400 points across all trackers.

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



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

My Activities

Frequently Asked Questions

How do I register for the Health Advocate website?

A: Follow these simple steps to register:

1. Visit the **CMU Employee Wellness** page and sign in via SSO.
2. Enter the required information, confirm your registration, then log in.

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, 2026 and June 30, 2027 will qualify for credit. *You must report your exams online if they are within 3 months of the deadline (6/30/27).*

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 locate in-network providers
- Identify emotional and mental health issues and find strategies to cope with 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.

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