



CMU named one of Michigan's Healthiest Employers

Congratulations to the entire Central Michigan University community. This morning, CMU was announced as a finalist in the 2013 Michigan's Healthiest Employers program, presented by Crain's Detroit Business, MiBiz and Priority Health.

The award recognizes CMU's benefits and wellness program, For the Health of It, as well as the participation of employees across campus.

As a finalist, CMU is acknowledged as a frontrunner in an emerging national emphasis among cutting-edge corporations and organizations to support employees in their efforts to lead healthy lifestyles. Participating employees say they're more satisfied, happy and energized, both professionally and personally.

"Healthy lifestyles should be a personal goal for each of us. At CMU, we're pleased to support employees when they take steps to live healthy," President George E. Ross said. "We support employees in taking an annual health risk assessment, in being active, in using preventive health care. We value the person who walks 30 minutes a day as much as the person who runs 30 minutes a day. It's a culture that's very natural for us here at CMU."

CMU's For the Health of It was launched in 1999. It includes wellness incentives and a unique gain-sharing program through which employees who complete four wellness components receive their share of a fiscal year-end positive balance in the university's self-funded health plans. The four components include:

- an annual health risk assessment;
- exercise;
- an annual physical; and

- wellness screenings/programs.

More than 250 employees completed the wellness challenge in the last fiscal year by completing all four components and earning \$335 each in incentives. Last week those who are enrolled in CMU's self-funded health plans also were notified they'll each receive \$188 in gain-sharing awards. Last year's gain-sharing was \$600 per person.

In total, a record 2,000-plus individual wellness incentives were distributed during the fiscal year. The incentives are available to nearly 1,900 half-time or greater staff and fixed-term faculty. Dependents who are enrolled in the university's medical and prescription drug plans also are eligible for some of the incentives.

A personal note to all eligible fixed-term faculty and staff: Come join the movement to be healthy!

- Take the Health Risk Assessment. You and your spouse or other eligible individual will earn \$75 each when you complete the assessment in May or June each year. Although the 2013-14 deadline has passed, 726 employees completed the HRA and remain eligible for gain-sharing.
- Exercise! Walk. Run. Bike. Do whatever aerobic exercise fits you. Accumulate 1,560 minutes each quarter, exercising at least 45 days for at least 30 minutes a day. Remember to download and complete the tracker form! On top of staying eligible for gain-sharing, you'll earn \$35 a quarter.
- Get a physical. Have your blood work done. These are fully covered, in-network services on CMU's Blue Cross Blue Shield plans. They're required for gain-sharing, and they're worth \$70 in additional incentives!
- Participate in four wellness screenings or health care educational programs a year. Yes, they're required for gain-sharing, and they're worth \$50.

For more information, visit the wellness website:

<https://www.cmich.edu/fas/hr/HRCentralHealthImprovement/Pages/Wellness.aspx>

Congratulations again!

CMU, an [AA/EQ](#) institution, strongly and actively strives to increase diversity and provide equal opportunity within its community.

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