

## 2009 BYU Wellness Program Health Challenges

### These Satisfy the Requirements for the DMBA/Altius Cash-Back Incentive

All full-time employees and their spouses, covered by a qualifying DMBA or Altius health insurance plan, are eligible for up to \$200 cash back at the end of the year by participating in the BYU Wellness Program.

*Note: Part-time employees, retirees, and other full-time employees, and their spouses not covered by a qualifying DMBA or Altius health insurance plan are invited to participate but will not receive the cash-back incentive.*

Date	Personal Health Assessment (PHA)	DMBA/Altius Cash Incentive
At least once during 2009	Complete the online <b>Personal Health Assessment</b> The link is found on the BYU Wellness website ( All biometric information must be completed in order to count)	\$50

Month	Challenge	Focus	DMBA/Altius Cash-Back Incentive	Prize Incentive
Jan-Feb	<b>The Iditarod</b> (Sled Dog Racing)	Strength Training	\$25	A Prize Incentive will be available after each challenge in the Wellness Office (2001 JKB).
Mar-Apr	<b>Motocross</b>	Fruits and Vegetables	\$25	
May-June	<b>Discover Utah</b> (Team Challenge)	8,000 Steps a day	\$25	
July-Aug	<b>Building the Egyptian Pyramids</b>	Nutrition	\$25	
Sept-Oct	<b>The Game of Life</b>	Aerobic Exercise	\$25	
Nov-Dec	<b>Lean Santa</b>	Stress and Weight Maintenance	\$25	

*If due to health reasons, participants are unable to fulfill the challenge requirements, they may contact the BYU Wellness Office to set up an alternate program.*

<b>Participation in Y-Be-Fit may replace 2 challenges</b> <i>Y-Be-Fit is a 4 month individual health program addressing participants' specific health needs and concerns. Services include an initial evaluation, a review of findings, goal setting, and 7 follow-up visits.</i>	<b>May replace or make-up \$50</b> <i>For an appointment or for more information, contact Y-Be-Fit at 422-4494</i>
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<b>Total 2009 DMBA/Altius Cash Back Incentive</b>	<b>Payable Jan-Feb 2010</b>	<b>\$200</b>
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Contact the BYU Wellness Program at: (801) 422-5011 / [wellness@byu.edu](mailto:wellness@byu.edu)