

– SPRING 2018 –

# EMPLOYEE HEALTH & WELLNESS PROGRAM

## FAQ

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### WHAT IS MMU'S EMPLOYEE WELLNESS PROGRAM?

Mount Mercy University makes employee health and wellness a priority. The strategic goal of Mount Mercy's health and wellness program is designed to promote activities and challenges to improve your physical and mental health, along with making Mount Mercy a great place to work!

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### HOW DO I GET STARTED AND EARN TICKETS?

Each challenge will have a designated number of tickets that you have the ability to receive. Tickets will be provided at most internal events, while other challenges will require you to complete an online form to submit your completion.

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### ARE THERE PRIZES?

Ticket submissions from all challenges will be collected and combined. Winners will be drawn at the employee recognition dinner.

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– TURN OVER –



Employee Wellness  
COMMITTEE

— Mount Mercy University —

# SPRING OPPORTUNITIES

MONTH	CHALLENGE	TICKETS EARNED
July '17–June '18	Submit your annual health screening to HR <a href="#">➤ LOG IT!</a>	5
January–April	Participate in an external health event <a href="#">➤ LOG IT!</a>	3
	Participate in an internal health event provided by MMU <a href="#">➤ LOG IT!</a>	3
	Participate in a campus-wide Intramural provided by MMU <a href="#">➤ LOG IT!</a>	2
	On-campus/off-campus volunteerism <a href="#">➤ LOG IT!</a>	3
February	Attend the Health & Wellness Fair (2/8/18)	3
	Submit a healthy recipe <a href="#">➤ LOG IT!</a>	2
	Pour@4 (2/16/18)	1
March	March Madness <a href="#">➤ LOG IT!</a>	10 workouts = 5 5 workouts = 2
	Attend a Book Club meeting	5
April	Employee intramural event (date not set yet)	2
	Pour@4 (5/1/18)	1

[➤ MTMERCY.EDU/EMPLOYEE-HEALTH](http://MTMERCY.EDU/EMPLOYEE-HEALTH)

## PRIZES

3 - \$100 gift cards to Hy-Vee

2 - \$100 gift cards to Dick's Sporting Goods

**QUESTIONS?** Email [employeehealth@mtmercy.edu](mailto:employeehealth@mtmercy.edu)