**ASU Employee Wellness Program**

This criterion will be put into place to help ASU employees focus more on their health and wellness. The criteria will help the university in healthcare cost overall. The criteria are as follows:

**Red Wolf Center**

1. Register with the Department of Wellness and Health Promotion and have fitness and wellness screenings done at least twice per year.

* ***Fitness Assessments*** – Body Composition, Flexibility, Muscle Strength/Endurance, Height/Weight, BMI (If needed), Waist to Hip Ratio (If needed) **cost:** **$10.00**
* ***Blood Lipid Profile*** – Total cholesterol, Triglycerides, LDL, HDL, Blood Glucose **cost:** **$10.00**

1. Filling out a PRA/HRA (Personal Risk Appraisal/Health Risk Appraisal) through MyBlueprint
2. Participating in at least 1 wellness incentive program per year.

**ASU Fit Club**

1. Register with the Department of Wellness and Health Promotion and have fitness and wellness screenings done at least twice per year.

* ***Fitness Assessments*** – Body Composition, Flexibility, Muscle Strength/Endurance, Height/Weight, BMI (If needed), Waist to Hip Ratio (If needed)
* ***Blood Lipid Profile*** – Total cholesterol, Triglycerides, LDL, HDL, Blood Glucose

1. Filling out a PRA/HRA (Personal Risk Appraisal/Health Risk Appraisal) through MyBlueprint.

  3. Participating in at least 1 wellness incentive program per year.

4.  Attend at least 1 Health Fair (i.e. ASU Fair or Benefits Fair)

5.  Attend at least 4 out of 12 Health and Wellness seminars

6.   Annual age related physical and/or screening – If during the screenings a disease is detected then the individual will have to enroll in our Disease Management Program.

- Yearly Routine Physicals – Under 40 years of age

- Prostate Specific Antigen (PSA) Test - Limited to one self-referral per Calendar Year. Available for males age 40 and over.

- Routine Gynecological Examinations - Includes office visit, Pap smear, urinalysis, hematocrit or hemoglobin and hemoccult stool culture.

- Mammography - Limited to one self-referral per Calendar Year. Limited to the following frequency schedule: Age 35 through 39, one exam; Age 40 and older, one exam every calendar year.

  7.  A non-smoker or a smoker enrolled in a smoking cessation program

* Smoking Cessation (outpatient only) - Over-the-counter drugs and prescription drugs are coveredunder

The purpose of this criterion is to allow ASU full benefited employees to participate in the wellness programs afford by the Department of Wellness and Health Promotion. The employees involved in this program will be eligible for entrance in the Red Wolf Center and a $100 wellness incentive benefit. All employees who wish to participate must complete all of the following criteria to be considered a Wellness Participant. Those employees who do not enroll and complete or partially complete will not receive any benefits through this program.

***Tier 1 – Red Wolf Center***

Employees who wish to participate in the Red Wolf Center must complete all criteria from tier 1.

***Tier 2 – ASU Fit Club***

Employees who wish to receive the $100.00 wellness benefit and membership to the Red Wolf Center must complete all criteria from tier 2.