Employee Wellness Bonus Program Alternative Standard

1- Complete Health Risk Assessment, or log on to your account if this has been completed.
   https://www.weber.edu/employeewellness/health_risk_assessment.html

2- Locate your Personal Report

3- Identify one or two health factors you would like to improve out of obesity, nutrition, fitness, or mental
You can make a more informed decision by clicking on each individual health factor:

4- Register for two Alternative Bonus Classes.

- Each course will last 5 weekdays.
- Daily lessons will be emailed to you each morning.
- Participants should plan on devoting 20-30 minutes to each lesson.
- Each lesson will include a short 10-15 minute video and multiple self-assessments.
- Classes will be completed consecutively, not simultaneously.

**Class Offerings:**

- Weigh Less for Life *(Available June 8)*
- Eat Right for Life
  - Course covers how to improve multiple aspects of health based on dietary choices: carbohydrates, oils, fruits and vegetables, proteins, and beverages.
- Fitness that Works *(Available June 8)*
• A Good Night’s Sleep
  o A Good Night's Sleep is something we all strive for. So, what's keeping us up at night? This course will guide you through some valuable "sleep hygiene" tips and what you can do to promote a good night's sleep.

• Stop the Stress This Minute (Available June 22)

• Road To Wellness
  o Content in this course is perfect for anyone looking for a quick health overview. Material covers the importance of boundaries and physical, mental, emotional, and spiritual wellbeing.

• Goal Setting

You can register for classes here (https://forms.gle/tEHRHK8bVay7qXb79)