

Healthy OHIO

WellWorks Membership Incentive

Thank you for your interest in the Healthy OHIO WellWorks Membership Incentive program! The program is simple: work out at WellWorks at least 100 days from July 1, 2011-June 30, 2012 and receive a free one-year WellWorks membership! Below are some frequently asked questions about the offer. If you have a question that is not answered, please contact WellWorks at 593-9459 or 593-2662.

Q: Why are Ohio University Human Resources and WellWorks offering this incentive?

A: Ohio University recognizes the numerous benefits of exercise and wants to reward and encourage employees who are physically active. This incentive is another step in our goal to create a *culture of wellness* at Ohio University.

Q: Who is eligible to participate in the Healthy OHIO WellWorks Membership Incentive?

A: Participation is limited to WellWorks members who are benefit-eligible Ohio University employees and/or their spouses or domestic partners.

Q: If an employee and his/her spouse or partner reaches 100 visits in the fiscal year, what type of membership will they receive?

A: A family membership. If only one member of the family reaches the 100-visit mark, he/she will receive a free individual membership or the option to apply the value of the individual membership (\$175) toward a family membership (\$265.)

Q: How do I sign up for the program?

A: For those participating in the initiative for the first time, both OU employees and spouses or partners need to complete a short registration form. The OU employee and his/her spouse or partner will need to know the employee's 6-digit Employee Number (found in the "My Personal Information" system on the Human Resources website <http://www.ohio.edu/ebiz/myhr.html> or by visiting <http://eelookup.admsrv.ohio.edu/eelookup/eelookup>.) The form can be completed anytime before June 1, 2012 as visits will still accrue even if the participant is not officially registered for the program. Forms are available at the WellWorks front desk.

Q: I am not currently a WellWorks member. Can I still participate?

A: New WellWorks members can join in on this offer at anytime. Visit www.ohio.edu/wellworks/member.html to learn more about becoming a WellWorks member.

Q: What “counts” as a visit?

A: Visits count for physical activity in the WellWorks fitness center and WellWorks group exercise only. This offer excludes massage therapy and nutrition counseling.

Q: What if I exercise outside of WellWorks?

A: Physical activity outside of WellWorks, while encouraged, does not count toward this incentive.

Q: How can I keep track of my visits?

A: Visits are counted via the check-in system at the WellWorks front desk. Therefore, it is necessary for you to check-in at the front desk when using the fitness center and use the sign-in sheets at group exercise classes. The front desk staff can check the status of your visits at any time.

Q: Can I check-in at WellWorks more than once a day?

A: Only one visit to WellWorks per day will count.

Q: Will I be notified when I reach my 100-day mark?

A: WellWorks will check the visit status for participants the first of every month. We will do our best to contact you when you reach your 100-day mark. However, we encourage you to periodically check your visit status at the front desk.

Q: After I reach my 100-day mark, when will I receive my free membership?

A: You can receive your free membership as soon as you reach your 100-visit mark.

Q: What if my WellWorks membership expires *before* I reach my 100-visit mark?

A: If you do NOT reach your 100-visit mark before you membership expires, you can pay month-to-month until you reach your 100-visit mark OR renew your annual membership and we'll add your Healthy OHIO membership to the end of your current membership.

Q: If I do not reach 100 visits before June 30, 2012, will my visits carry over into the next fiscal year?

A: If this offer is repeated during subsequent fiscal years, visits during the previous fiscal year will not carry over.

Q: Is this a taxable benefit?

A: Yes, this is a taxable benefit for the year in which the membership is received.