

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, 2009-June 30, 2010 and receive a free individual 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 the University 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.

Q: Can spouses and dependents of OU employees also participate?

A: No. This offer is only available to benefit-eligible Ohio University employees.

Q: How do I sign up to participate in this offer?

A: There is no sign-up for this offer. If you are a current WellWorks member, you can begin participation at any time.

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 periodically check the visit status for OU employee members. 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 membership expires *before* I reach my 100-visit mark?

A: If you do NOT reach your 100-visit mark before your membership expires, you can pay month-to-month until you reach your 100-visit mark OR renew your annual membership and get reimbursed for the unused portion after you redeem your free membership.

Q: If I do not reach 100 visits before June 30, 2010, 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.