



**Healthy@Hopkins**  
Rewards Program...for Your Good Health



Dear Employee:

**Can an Employee Rewards Program Really Promote Good Health?**

We're so sure it can that we're offering you a *remarkable incentive* that can help you and your enrolled family members **reach optimum health**. Even better, **we'll pay you for doing it!**

With increased work loads...dwindling funding...and tough marketplace competition, it's more important than ever for Johns Hopkins' employees to **stay mentally, physically and financially fit**.

Now is the time to commit to *Your Good Health*. There's simply no easier way to do this than to join our **Healthy@Hopkins Rewards Program**. A joint initiative of Johns Hopkins Bayview Medical Center and Johns Hopkins Health System Corporation/The Johns Hopkins Hospital, this cutting-edge program offers distinct monetary incentives each time you complete quarterly goals that promote healthy living. More important, we hope it inspires and challenges you to think about the choices you make every day.

*Imagine!* **All the tools you need to embrace a healthy lifestyle, plus money added to your paycheck each quarter**. Please take a look at the rest of this letter and membership application. We think you'll agree, by joining the Healthy@Hopkins Rewards Program, you'll have access to one of the most unique and motivating employee rewards programs available.

Don't risk your good health or money. Join the Rewards Program today!!!  
**Deadline is December 1, 2009** for 2010 enrollment.

Sincerely,

Pamela Paulk  
*Vice President of Human Resources*

P.S. Enroll now and you'll receive a **FREE Healthy@Hopkins PEN**, perfect for completing applications and tracking quarterly points that represent a commitment to *Your Good Health*.

P.P.S. Reach the first quarter goal by December 1, 2009 and you'll be eligible to **WIN A RAFFLE** for **\*WAIVER of YOUR ENTIRE EMPLOYEE MEDICAL PREMIUM\*** for one year.  
Offer applies to employee cost, excluding dependent coverage amounts.

### **Getting Started with the Healthy Rewards Program**

Perhaps you've already tried dieting, weightlifting, fitness workouts, smoking cessation classes ---- and you're frustrated with the results? Or perhaps, you've always wanted to start a basic, low-key routine for healthy living --- but never really found the energy?

Now is the time to commit to *Your Good Health!* With the Healthy@Hopkins Rewards Program, we make it easy to get started. **You are eligible for the program if you are scheduled to work 20-29 hours or more per week.** For first quarter membership, you simply need to:

- submit an application (enclosed with this letter)
- take ONE online health course
- complete a confidential Personal Wellness Profile

It's really that easy!!!

For each quarter you are enrolled in the program, you'll work at your own pace, toward your own goals, to **achieve 50 points**, which will **confirm your personal commitment to healthy living and maintain your eligibility for a \$25 Wellness Reward each quarter (maximum \$100 annually).**

Backed by the knowledge of Hopkins' medical professionals and talented Wellnet professionals, this program offers activities, screenings and incentives plus top-notch health information in a state-of-the-art online format – easy for setting goals, tracking progress and submitting 50 quarterly points.

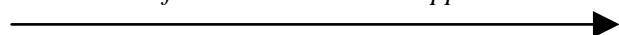
### **The Benefits of Membership**

Become a **Club Member of the Healthy Rewards Program** and you'll receive:

- Free Personal Wellness evaluation, after completing a confidential Personal Wellness Profile.
- Online access to a jam-packed database of health related courses, available at NO COST to you. Share information or take online classes with family members.
- Quarterly challenges to perform at your personal best.
- Contests and other incentives to reward you for achieving set goals.
- \$25 Wellness Reward (maximum \$100 annually) each quarter, after reaching 50 points each quarter.
- Immediate feedback on your health care, safety and fitness knowledge.
- Countless networking opportunities to meet peers who are working toward similar goals.
- Appropriate group or individual work out routines.
- Helpful lifestyle hints regarding diabetes, asthma or smoking cessation.
- Invaluable healthy living tips, quips and more from experts.

**Enroll Now for Your Good Health.** Complete the enclosed application and mail it back to Johns Hopkins Hospital. Or log on to <https://portal.johnshopkins.edu/jhhsclasses> and join the Healthy@ Hopkins Rewards Program today!!!

*Turn the page over for a sample listing of the classes, seminars and tracks that qualify for 50 points. Each quarter, Rewards Program members will also receive information about new opportunities.*



<b>Club Membership Criteria</b>	<b>First Quarter Enrollment</b>
Submit a completed membership application to the Benefits Office or Wellnet	Required
Submit a completed Personal Wellness Profile to Wellnet	Required
Complete Asset Health Course: My Family and My Health	Required
<b>Healthy Prevention</b>	<b>Point Value</b>
Select a Primary Care Physician	15
Obtain yearly health physical	15
Obtain preventive exam & screening	15
Be an active member of JHHC Care Management Program	15
Take prescription medication(s) as prescribed	15
Take over the counter medications and supplements as recommended	15
<b>Healthy Action</b>	<b>Point Value</b>
Complete Asset Health course (maximum 2 classes per quarter for credit)	10
Complete 30 minutes of cardiovascular exercise	10
Complete resistance/strength training	10
Conduct monthly self-breast examination	10
Conduct monthly self-testicular examination	10
Participate in a general exercise session/class	10
Participate in an awareness event	10
Participate in a Healthy@Hopkins Event	10
Attend educational seminar or department in-service	10
Attend a Healthy Action class or participate in a motivational program	10
Utilize an exercise or wellness video/DVD	10
Request and read educational literature	10
Participate in HealthLINK@Hopkins	10
Engage in health coaching session	10
<b>Healthy Lifestyle</b>	<b>Point Value</b> <i>(max 25 points per quarter)</i>
Check medicine cabinet to ensure that medications are current, not expired	5
Check smoke detectors to ensure proper functioning	5
Use proper lifting / pushing / pulling techniques all the time	5
Practice a spiritual meditation / stress / relaxation technique	5
Use sunscreen every day	5
Eat 5-9 fruits and vegetables per day	5
Drink 8 eight-ounce glasses of water per day	5
Eat a healthy breakfast most mornings	5
Spend quality time with family	5
Practice "green" behavior for the environment	5
Wear your seatbelt while driving or riding in a car	5
Prepare/carry a usable first aid kit for your home/car	5
Post emergency numbers by home phone or in cell phone (911/poison control)	5
Have a usable fire extinguisher in your home	5
Maintain a support network for social activities with family, friends, etc.	5
Get 7-8 hours of sleep at least 5-7 days per week	5
<b>Member Goal</b>	<b>50 pts per quarter</b>



**JOHNS HOPKINS**  
M E D I C I N E

# Healthy@Hopkins

Rewards Program...for Your Good Health

## MEMBERSHIP APPLICATION

I, \_\_\_\_\_ *print employee name* \_\_\_\_\_, commit to making healthy choices and changes as a member of Healthy@Hopkins Rewards Program.

I promise to take advantage of courses, seminars and activities offered by my Johns Hopkins employer (through Wellnet, Asset Health or other community associations) to maintain a healthy lifestyle.

I take responsibility for making wise health care choices, such as voluntarily obtaining an annual physical, keeping up-to-date with preventative screenings and tests and following any prescribed medicine regimen.

I realize it is also important to involve my family in healthier lifestyle choices by doing activities with them that increase the benefit of our time spent together.

I commit to taking better care of myself, which will not only benefit me, but also my family, patients, customers and co-workers.

I understand I am committing to change the culture of Johns Hopkins, known to be the best in research, education and patient care, to also being the best and healthiest place for people to work.

\_\_\_\_\_  
Employee Signature

\_\_\_\_\_  
Date

Your employer:

- Johns Hopkins Health System Corporation/The Johns Hopkins Hospital
- Johns Hopkins Bayview Medical Center

**Welcome to the Healthy Rewards Program! Return your signed commitment form to:**

**Johns Hopkins Health System Corporation/  
The Johns Hopkins Hospital employees:**

Phipps Building, 4<sup>th</sup> floor  
HR/Benefits Service Center  
Hours: 7am-5pm  
[HRBenefits@jhmi.edu](mailto:HRBenefits@jhmi.edu)

Wellnet Office, Room 409  
Hours 8am-5pm  
[wellnet@jhmi.edu](mailto:wellnet@jhmi.edu)

**Johns Hopkins Bayview Medical Center  
employees:**

ASC Building, Ground Floor  
Benefits Office, Room 258  
Hours: 8am-5pm  
[bayviewbenefits@jhmi.edu](mailto:bayviewbenefits@jhmi.edu)

Mason F. Lord Building, Center Tower  
Wellnet/Fitness Center, Suite 2100  
Hours: 6am-8pm M-Th; 6am-7pm F  
[bayviewwellnet@jhmi.edu](mailto:bayviewwellnet@jhmi.edu)