

# Wellpower Programming 2026

Activity	Description	Points Per Activity	Max Allowed
<b>Medical Health</b>			
Annual Physical	Get your annual physical.	200	1
Preventative Screening	Complete a preventative screening to earn points. Examples include: colonoscopy, mammogram, prostate screening, bone density, etc.	200	1
Dental Visit	Visit the dentist.	100	2
Flu Shot	Get your flu shot.	50	1
Specialist Visit	Visit a specialist other than your primary care physician (optometrist, audiologist, nutritionist, therapist, etc.)	50	4
<b>Physical Health</b>			
Exercise	Enter the type of exercise in the comments.	50	24
Community Race	Participate in a community race. Enter the name of the race in the comments.	75	6
EIM Walking Bus	Join the EIM walking bus on campus	50	1
<b>Financial Literacy</b>			
Financial Webinar	Webinars are scheduled throughout the year with Magellan, Transamerica, and Bank of America. Enter name of Webinar in comments. Magellan webinars can be accessed on demand through the website.	50	5
Transamerica	Earn points by setting up a meeting with Todd Hutson our onsite Transamerica representative to learn more about the 403b retirement savings program.	50	1
Magellan Financial Resources	Visit the Magellan website <a href="https://member.magellanhealthcare.com/login">https://member.magellanhealthcare.com/login</a> , then search budgeting. Create a login with MSA. Once logged in navigate to resources. In comments enter the name of one of the budget calculators.	50	1
<b>Community Involvement</b>			
Meadows Museum	Visit the Meadows Museum on campus. Employees have free access with their SMU ID.	50	1
George W. Bush Library	Visit the George W. Bush Library on campus. Employees	50	1
SMU Event	Events can include (but are not limited to) the following: lecture, staff or faculty event, athletic event, Meadows event, etc. Enter the event you attended in the comments.	50	5
Donate Blood	Donate Blood.	50	2

Community Volunteer Event	Enter where you volunteered in the comments.	50	4
SMU HR Fair	Attend the annual HR Fair in October.	300	1
Book Club	Join a Book Club and enter the name of the book club in the comments.	100	2
Museum	Visit a local museum (history, art, cultural, etc.)	50	4
Community Events	Visit a farmers market, the State Fair, cultural events or festivals (Holi, Diwali, Dia de Los Muertos, First Friday Art Trails, Pride, Parades, etc.)	50	4
Small Businesses	Support a local, stand alone, small business (book store, coffee shop, bakery, goods store, etc.)	50	4
<b>Personal and Professional Growth</b>			
Professional Development	Some professional development opportunities can be found through (but not limited to) HR, OIT, and LinkedIn Learning. Enter the name/type of professional development in the comments.	75	5
Continuing Education	Attend a multi-day conference, take a college course, or	150	2
<b>Mental Wellbeing</b>			
Cariloop Webinar	Attend a live or on-demand Cariloop Webinar. On-demand webinars are found on the HR Website. Put the title of the webinar in the comments.	50	4
Magellan EAP	Visit the Magellan website to learn about resources available to you <a href="https://member.magellanhealthcare.com/">https://member.magellanhealthcare.com/</a> Enter one resource from the website in the comments.	50	2
Laura Bush Park	Visit the Laura Bush Native Texas Park behind the George W. Bush Library.	50	2
Magellan Mental Health Webinar	Attend a live or on-demand Magellan webinar. Enter the name of the webinar in the comments.	50	5
Deep Cleaning	Deep clean your house, go through your clothes, clean out your pantry, etc.	100	2
Books and Podcasts	Read a Book or listen to a podcast of your choice. Include the name and author/creator of the book/podcast.	50	12
Music, Movies and Shows	Attend a live music event, go to a movie, or see a theatre production.	50	5
Hobbies	Start learning a new hobby or pick up an existing one.	100	2
Journaling	Make an entry in your personal reflection journal.	25	10