

# 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<br><a href="https://member.magellanhealthcare.com/">https://member.magellanhealthcare.com/</a><br>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 |