

# Wellpower Programming 2025

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
HEB Webinar	Attend an HEB nutrition webinar. Enter the name of the webinar in the comments.	50	4
eHealth Screening	Complete biometric screening on campus in April.	150	1
<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.	100	4
EIM Walking Bus	Join the EIM walking bus on campus May 6.	50	1
Fall 2025 EIM Walking Bus	Join the EIM walking bus throughout the Fall Semester.	50	3
EIM 5K	Participate in the Exercise is Medicine Hilltop Hustle 5k October 26th.	150	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	4
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	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 resourses. 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 have free access with their SMU ID.	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
<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	4
Book Club	Join a Book Club and enter the name of the book club in the comments.	100	2
Continuing Education	Attend a multi-day conference, take a college course, or complete multi-day continuing education. Information on Tuition Benefits can be found through HR. Put the name of the course or conference in the comments.	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
Read a Book	Read a Book of your choice. Include Name of the book with the author's name in the comments.	50	4
Laura Bush Park	Visit the Laura Bush Native Texas Park behind the George W. Bush Library.	50	1
Magellan Webinar	Attend a live or on-demand Magellan webinar. Enter the name of the webinar in the comments.	50	4