

# To apply for the Butler Wellness Stipend

1. As a part-time or full-time employee of Butler University,

\* Purchase a 12-month membership to the Health and Recreation Complex

**AND**

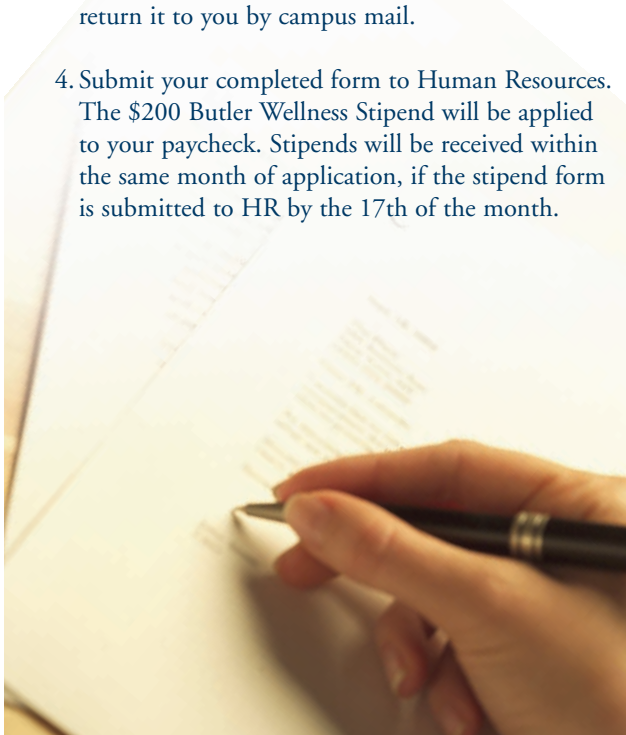
\* Complete the Healthy Horizons Health Risk Assessment (HRA) and Health Screening.

If you have done both of the above in the past 12 months, start at Step 2.

2. Fill out a Butler Wellness Stipend application, available at the HRC, Healthy Horizons (RH 255) and Human Resources (JH 144).

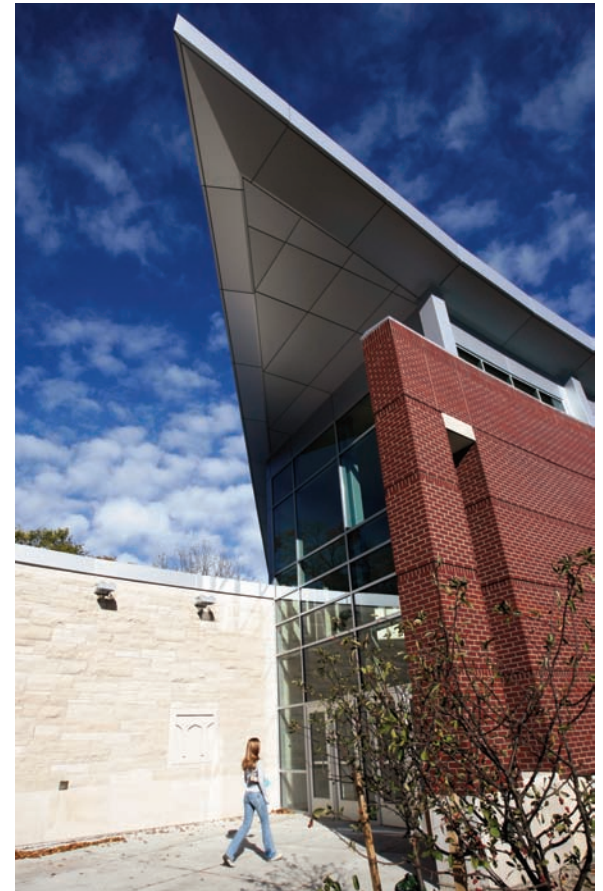
3. Submit your form to both the HRC and Healthy Horizons, so the offices can verify that you have completed their stipend requirements. Each office will sign the form within two business days and return it to you by campus mail.

4. Submit your completed form to Human Resources. The \$200 Butler Wellness Stipend will be applied to your paycheck. Stipends will be received within the same month of application, if the stipend form is submitted to HR by the 17th of the month.



# BUTLER UNIVERSITY WELLNESS STIPEND

*For employees of Butler University*



## Reward Yourself for Healthy Living

Apply for a \$200 Butler Wellness Stipend for purchasing a 12-month HRC membership and completing the Healthy Horizons Health Risk Assessment (HRA) and Health Screening.



## Get Cash Back for Being Good to Yourself

Butler University believes that the long-term health and fitness of its employees is a legitimate concern for an institution of higher learning.

This is why the university is offering all part-time and full-time employees the \$200 Butler Wellness Stipend for purchasing a 12-month HRC membership and completing the Healthy Horizons Health Risk Assessment (HRA) and Health Screening.

Apply for the Butler Wellness Stipend and learn how the HRC and Healthy Horizons can assist you in taking positive steps toward lifetime wellness.



## HEALTHY HORIZONS

## HEALTH AND RECREATION C O M P L E X

### Health Risk Assessment (HRA) & Health Screening



Healthy Horizons offers health and wellness services to Butler employees, including free, confidential Health Risk Assessments (HRA) and Health Screenings.

The 10-minute HRA involves answering questions about your health practices. The 30-minute Health

Screening tests for body composition, weight, cholesterol, diabetes and blood pressure.

Clinical faculty of the College of Pharmacy and Health Sciences perform these services in the Healthy Horizons office in Robertson Hall.

They will review the results with you and provide recommendations for preventative health services and ways to improve your overall physical well-being.

**To schedule an HRA and Health Screening appointment,** email [healthyhorizons@butler.edu](mailto:healthyhorizons@butler.edu) or call 940-8143.

#### Healthy Horizons

[www.butler.edu/healthyhorizons](http://www.butler.edu/healthyhorizons)

[healthyhorizons@butler.edu](mailto:healthyhorizons@butler.edu)

Amy Kutansky, ext. 8143

Carrie Maffeo, ext. 9991

### Membership



Open to Butler employees, students, alumni and their families, the Health and Recreation Complex offers multiple fitness

and recreation options — exercise equipment, jogging track, water sports, fitness classes, gymnasium and more.

**To inquire about HRC membership** and tour the complex, visit the HRC front desk.

#### Butler Health and Recreation Complex

[www.butler.edu/hrc](http://www.butler.edu/hrc)

[recreation@butler.edu](mailto:recreation@butler.edu)

Scott Peden, ext. 8436

As a campus benefit, the Butler Wellness Stipend is offered **only** on 12-month membership fees for the Butler HRC. Memberships to other fitness/exercise businesses or programs are not eligible for the Butler Wellness Stipend.

