



WELLNESS INCENTIVES



BUTLER UNIVERSITY

LIVING *and* LEARNING TOGETHER

You can't give your personal best, if you don't feel your best. Working with the Health and Recreation Complex, Healthy Horizons, and Human Resources, Butler University has developed the following financial incentives to encourage faculty and staff participation in on-campus programs and services that can help you achieve your health goals. In turn, together we can create the best possible learning and campus experiences for our students.



HEALTH *and* RECREATION COMPLEX

The Health and Recreation Complex (HRC) serves Butler students, faculty, staff, alumni, and the Indianapolis community. In addition to acting as home to Butler's Department of Recreation, the HRC also houses student Counseling and Consultation Services, Health Education, and Health Services, making it a true wellness center on campus. Approximately 1,300 patrons come through its doors daily.



HRC WELLNESS INCENTIVES

The HRC offers a variety of health incentives for Butler employees. Just choose the plan that meets your needs—from personal training to a consultation with a dietician. *All incentives are for full- and part-time employees only; spouses/domestic partners/dependents are not eligible.*

FITNESS ASSESSMENT

Receive a \$25 incentive on your next paycheck for completing an annual fitness assessment (at no cost) at the HRC. During the 60-minute consult, a certified health and fitness specialist will work with you to identify your current physical fitness levels and aid in the development of a personalized health and wellness program suited to fit your needs and desires. A full health history and possible medical clearance will be required prior to scheduling the assessment. To register, go to www.butler.edu/hrc/fitness-assessment.

PERSONAL TRAINING

Enjoy a \$5 discount for each HRC personal training session you purchase. Faculty and staff who are HRC members pay just \$10/session; non-members—\$17. To register, go to www.butler.edu/personaltraining.

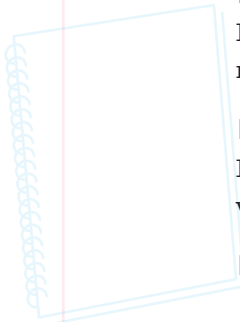
DIETITIAN SESSIONS

Receive a 50 percent discount—\$20 off regular \$40 cost—on sessions with a dietician. For more information, visit www.butler.edu/nutrition.

BUTLER EMPLOYEE ANNUAL MEMBERSHIP *and* DAY PASSES

- Pay only \$250 per year (reduced from \$590) for an annual membership to the HRC. For more information, visit www.butler.edu/hrcmembership.
- Obtain an HRC day pass for only \$3 (single use and 10-pack available). The employee must swipe his or her employee ID at the main desk.

FOR MORE INFORMATION, visit www.butler.edu/hrc or email hrc@butler.edu.



HEALTHY HORIZONS

Healthy Horizons offers free, on-campus wellness assessments for Butler faculty and staff, along with health testing, programs, and resources for disease management and health education and improvement.

HEALTHY HORIZONS WELLNESS INCENTIVES

All Butler employees (full- or part-time), as well as any spouses or domestic partners enrolled in Butler's group health plan, are eligible for these two annual health incentives from Healthy Horizons. Effective January 1, 2016, a domestic partner will include only a domestic partner who was enrolled in a benefit feature on December 31, 2015, and who remains continuously enrolled in the benefit feature thereafter.

WELLNESS CONSULT

Receive \$100 annually for completing a wellness consult through Healthy Horizons. During a 45-minute consult, a clinical pharmacist will ask you about your current health habits and measure blood pressure, weight, cholesterol, and other indicators of your health risks. They will recommend specific screenings, vaccinations, and preventive strategies to improve your health, and help you set personalized health goals.

Learn more at legacy.butler.edu/healthy-horizons/wellness-consults. For an appointment, call ext. 8143 or email healthyhorizons@butler.edu.

HEALTH COACHING

You can qualify for an additional \$150 incentive by completing recommended health coaching within the 12 months following your wellness consult. Health coaching may include individualized counseling sessions at Healthy Horizons (average 20 minutes) and participation in health education programs. For a coaching appointment, call ext. 8143 or email healthyhorizons@butler.edu.



All financial incentives under this program, whether due to participation by an employee or the employee's spouse or domestic partner, are paid to the employee as part of his or her paycheck.



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