



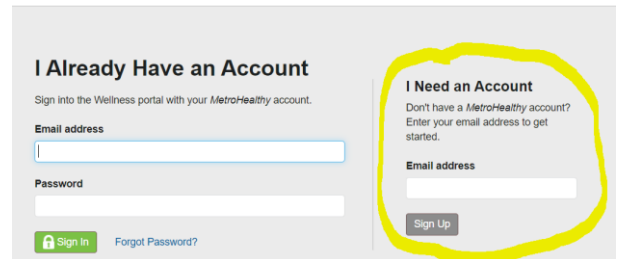
JCU FIT Rewards Program Summary

Welcome to JCU FIT (Fitness, Involvement, Total Well-Being)!

John Carroll University is proud to bring you JCU FIT- our wellness program that promotes healthy lifestyle choices, encourages a holistic philosophy and balance to life, and combines a pro-active, positive approach to healthy living that emphasizes the whole person! We recognize that good health is more than the absence of illness, but rather a robust state of well-being that acknowledges the importance and inseparability of the mind-body relationship.

How to sign up:

1. Visit the Wellness portal at <https://metrohealthy.metrohealth.org>.
2. Click the 'Sign in to Your Wellness Portal' button in the center of the page.
3. Enter your email address* under 'I need an account'.
*Please use an email address that you most frequently use. This may be your work email address or a personal email address. It will be important to remember this email address for future logins.
4. Fill in the necessary fields to create an account.
5. Fill in a one-time authorization of your Member Number* and Date of Birth.
*Your Member Number is your Banner Number. If you do not know your Banner Number, contact Melanie Moss.
6. Complete the Profile page and land on your JCU FIT homepage.



Here's how you can earn rewards:

	Level 1	Level 2	Level 3	Level 4
Reward	Select one item from list: Gym bag, canvas bag, white tumbler, water bottle infuser, cooling towel* <i>* For the first 150 participants to reach this level</i>	Plastic ID holder with lanyard* <i>* 100 participants reaching this level will be chosen in a year-end raffle</i>	Lunchbox/Cooler* <i>* 50 participants reaching this level will be chosen in a year-end raffle</i>	HelloFresh Meals* <i>* 10 participants reaching this level will be chosen in a year-end raffle</i>
Points Needed	150 points	300 points	500 points	800 points
Requirements	<ul style="list-style-type: none"> • Online Wellness Assessment, 100 points: Log into the portal (https://metrohealthy.metrohealth.org) to complete a short, confidential questionnaire. The Wellness Assessment is reset annually to allow you to re-evaluate your current health. You will need to re-answer all questions to receive points. • Earn additional 50 points by doing Healthy Habits (log onto the portal for a full list) 	<ul style="list-style-type: none"> • Complete Level 1, 150 points • Earn additional 150 points by doing Healthy Habits (log onto the portal for a full list) 	<ul style="list-style-type: none"> • Complete Level 2, 300 points • Earn additional 200 points by doing Healthy Habits (log onto the portal for a full list) 	<ul style="list-style-type: none"> • Complete Level 3, 500 points • Biometric Screening, 50 points: Complete a screening to measure BMI, blood pressure, and total cholesterol and glucose by completing a JCU FIT Verification Form or attending the JCU benefits fair in October • Earn additional 250 points by doing Healthy Habits (log onto the portal for a full list)
Deadline	December 1, 2020			