

2025 Employee Wellness Program

January 1, 2025 – December 1, 2025



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




John Carroll University is proud to bring you JCUFIT- 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. Look for emails from Skywell & Personify Health, formerly Virgin Pulse, for program updates, challenge info and more!

TO JOIN: <https://join.personifyhealth.com/skywell>
Registration required only once

TO LOGIN: <https://login.personifyhealth.com>

Download the Personify Health App!
*If creating account on app, Sponsor is Skywell



Level	Points Needed	Requirements	Reward
Level 1	6,000	Earn 6,000 points. Participants will have the option to donate \$5 in lieu of taking the prize at Level 1. At the end of the year, we use the donated money to purchase JCU FIT / Medical Mutual branded sports equipment to benefit the Fatima House.	 <p>Prime Line 9 LED Metal Flashlight: Metal, sleek with 9 bright white LED lights; Includes attached wrist strap. Size: 3.75" x 1"</p>
Level 2	15,000	Earn 9,000 more points	 <p>Lagom 16 oz. Travel Tumbler w/SS Straw: Features double-wall insulated design with a straw and a press-on lid with slide closure for easy use with hot & cold beverages</p>
Level 3	25,000	Earn 10,000 more points	 <p>Quake Wireless Charging Pad: Allows smartphone charging without the cables; Supports 5W wireless charging for devices including but not limited to all iPhone 8 and above, Samsung Galaxy Note 5/S6 Edge/S6 Edge+/S7/S8+/S9/S9+/Note 9, Google Nexus 5/6/7, HTC Droid DNA, 8X, LG G3/G4, Lucid 2/3, Nokia Lumia 920/930</p>
Level 4	40,000	<p>Earn 13,000 more points and complete:</p> <p>Online Health Assessment 1000 points – located in the portal under Health, Survey</p> <p>Biometric Screening* 1000 points (within 12/2/24 -12/1/25): Measures height, weight, BMI, blood pressure, cholesterol & glucose. Ask your doctor or attend the JCU benefits fair in Oct/Nov & points will be uploaded for you *requires submitting health forms via a new portal link; Link is located on portal under Benefits → Required Forms</p>	<p>Prize TBD Valued at \$99 Raffled to 10 individuals at the end of the year.</p>

DEADLINE TO COMPLETE - DECEMBER 1, 2025

For questions please email skywell@metrohealth.org or call 440-592-1121