Total Wellness Rewards: Not sure how the Program works? 

Just have questions? Email totalwellness@temple.edu or call Kristin McHenry at 215-926-2285

Online Seminars Complete an online seminar and earn 10 points towards your Total Wellness Rewards

Fitness Reimbursement Program How to get up to $150 back off the cost of your annual gym membership?

Financial Wellness Schedule your individual counseling session with investment professionals from TIAA-CREF and Fidelity Investments

Employee Assistance Program Want to feel better, live healthier, and enjoy your life more? Now you can!

1. Write Down Yours Goals
2. Clean Out The Fridge
3. Stock Up on Healthy Grab & Go” Snacks
4. Start Small to Stay on Track
5. Try Something New
6. Drink Lots of Water
7. Get Healthy With a Friend
8. Create a Meal Plan
9. Don’t Beat yourself Up Over Any Slip Ups
10. Reward Yourself

Rewards

Just a friendly reminder that Reward cards are issued on a quarterly basis:

- September 30th
- December 31st
- March 31st
- June 30th

Biometric Screenings
January 13th - Main
January 20th - HSC

Click here for details and registration

Upcoming Events

10 Tips For a Healthy Start to the New Year

Did You Know? You could be saving money on your insurance premium every month?

Contact Kristin McHenry at 215-926-2285 or email totalwellness@temple.edu to schedule an onsite Wellness Workshop for your department and begin earning Rewards.

Nutritional Counseling
January 14th - Main
January 19th - Main
January 26th - Main

Visit www.familyfoodllc.com to sign up or call: 800-203-8657

Wellness Coaching
January 20th - TASB

To sign up: Contact Kristin McHenry at totalwellness@temple.edu or call 215-926-2285.

Need to get back on track after all of that Holiday feasting? Log into your IBX account to view healthy recipes and earn points towards your rewards!

Total Wellness
JANUARY 2016