# Employee Rewards Program

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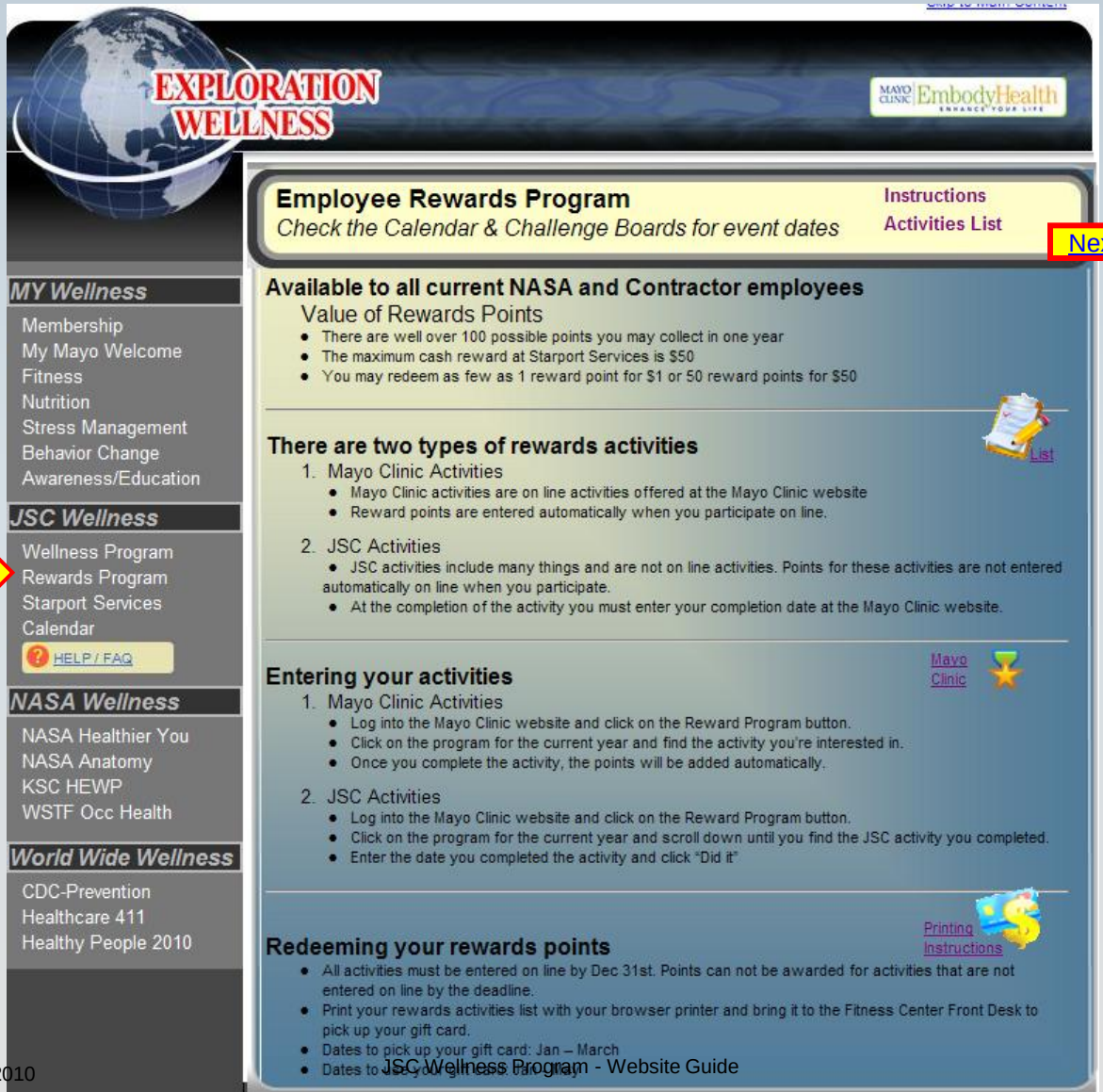
- Rewards Points are entered and tracked at the Mayo Clinic website
- The detailed list of activities is at the Exploration Wellness website
- There are two types of activities
  - JSC Activities: you enter the activity completion date at the Mayo Clinic website
  - Mayo Clinic Activities: points are entered automatically

- Value of Rewards Points
  - There are well over 100 possible points you may collect in one year
  - The maximum cash reward at Starport Services is $50
  - You may redeem as few as 1 reward point for $1 or 50 reward points for $50



# Entering Activities at the Mayo Clinic Website

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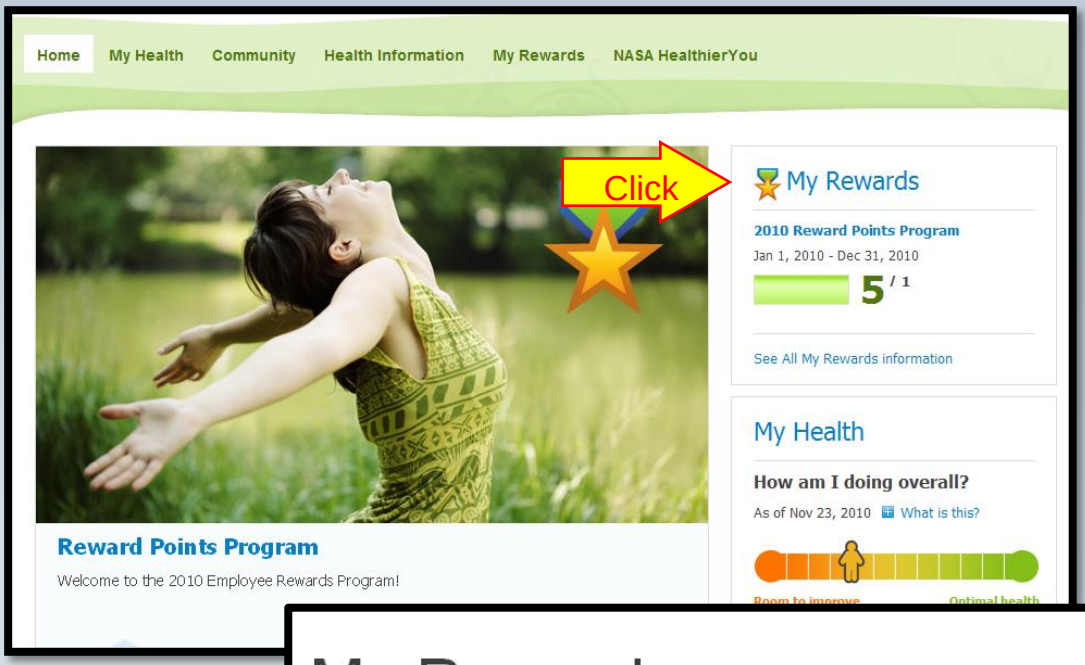
## Reward Point Tracking

- Reward points are entered and tracked at the Mayo Clinic website
  - Register at the Mayo Clinic website if you haven't already

- Log into Mayo
- Click on *My Rewards* then *2011 Rewards Point Program*

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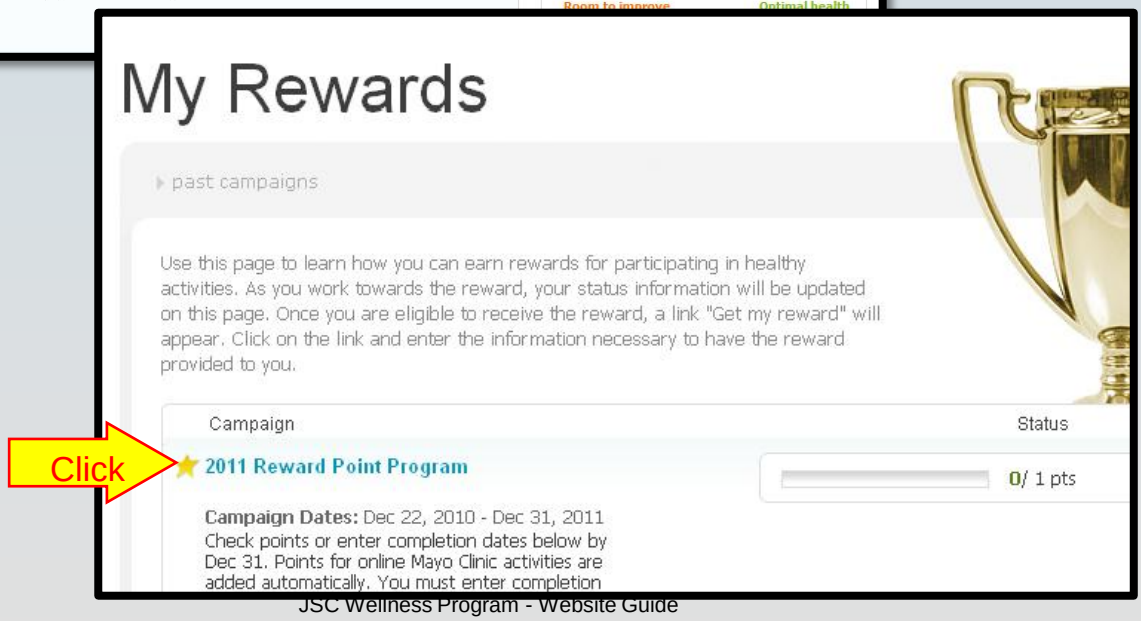

# Mayo Clinic Activities

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## Mayo Activity: Click to Start & Participate

- Click on the Mayo activity of interest
- Mayo activity enrollment vs completion
  - Enrollment or completion is stated in the activity title
  - Enrollment: once you enroll, points are added to your total
  - Completion: once you complete the activity, points are added to your total
- Points for the Mayo activities are logged automatically

*Mayo sponsored activities*

| Tracked EmbodyHealth Activities | Date Completed | Point Value | Points Earned |
|---|---|---|---|
| Health Monitor Enrollment | | 2 | 0 |
| Health Risk Assessment Completion | | 5 | 0 |
| Healthy Pregnancy Engagement | | 2 | 0 |
| My Fitness Solution Engagement | | | 0 |
| My Fitness Solution Participation | | 5 | 0 |
| My Smoke-Free Future Engagement | | 1 | 0 |
| My Smoke-Free Future Participation | | 5 | 0 |
| My Stress Solution Engagement | | 1 | 0 |
| My Stress Solution Participation | | 5 | 0 |
| My Weight Solution Participation | | 5 | 0 |
| Walk to Wellness Completion | | 5 | 0 |
| Walk to Wellness Enrollment | | 1 | 0 |

Click to get started

*JSC sponsored activities*

| Self-Reported Activities | Date Completed | Point Value | Points Earned |
|---|---|---|---|
| 5-9-A-Day | Did it | 5 | 0 |
| AandE Behavior Change | Did it | 1 | 0 |
| AandE Behavior Change | Did it | 1 | 0 |
| AandE Behavior Change | Did it | 1 | 0 |
| AandE Fitness | Did it | 1 | 0 |
| AandE Fitness | Did it | 1 | 0 |
| AandE Fitness | Did it | 1 | 0 |

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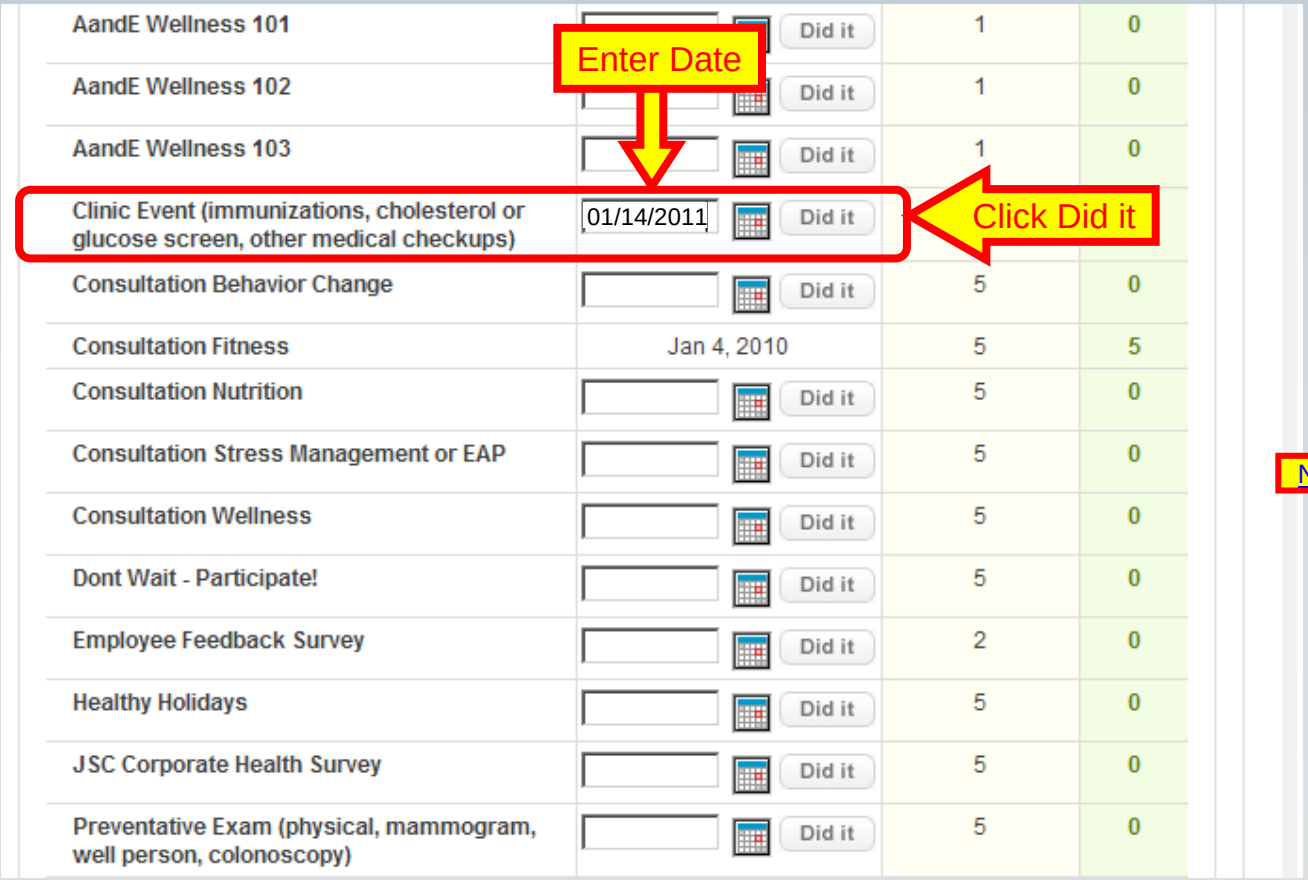
# JSC Activities: Enter your Completion Date

- Scroll down to find the activity you've completed
- Enter the date you completed the activity (mm/dd/yyyy)
- Click *Did it*




| | | | |
|---|---|---|---|
| AandE Wellness 101 | Did it | 1 | 0 |
| AandE Wellness 102 | Did it | 1 | 0 |
| AandE Wellness 103 | Did it | 1 | 0 |
| Clinic Event (immunizations, cholesterol or glucose screen, other medical checkups) | 01/14/2011 Did it | | |
| Consultation Behavior Change | Did it | 5 | 0 |
| Consultation Fitness | Jan 4, 2010 | 5 | 5 |
| Consultation Nutrition | Did it | 5 | 0 |
| Consultation Stress Management or EAP | Did it | 5 | 0 |
| Consultation Wellness | Did it | 5 | 0 |
| Dont Wait - Participate! | Did it | 5 | 0 |
| Employee Feedback Survey | Did it | 2 | 0 |
| Healthy Holidays | Did it | 5 | 0 |
| JSC Corporate Health Survey | Did it | 5 | 0 |
| Preventative Exam (physical, mammogram, well person, colonoscopy) | Did it | 5 | 0 |

# Mayo Thank You

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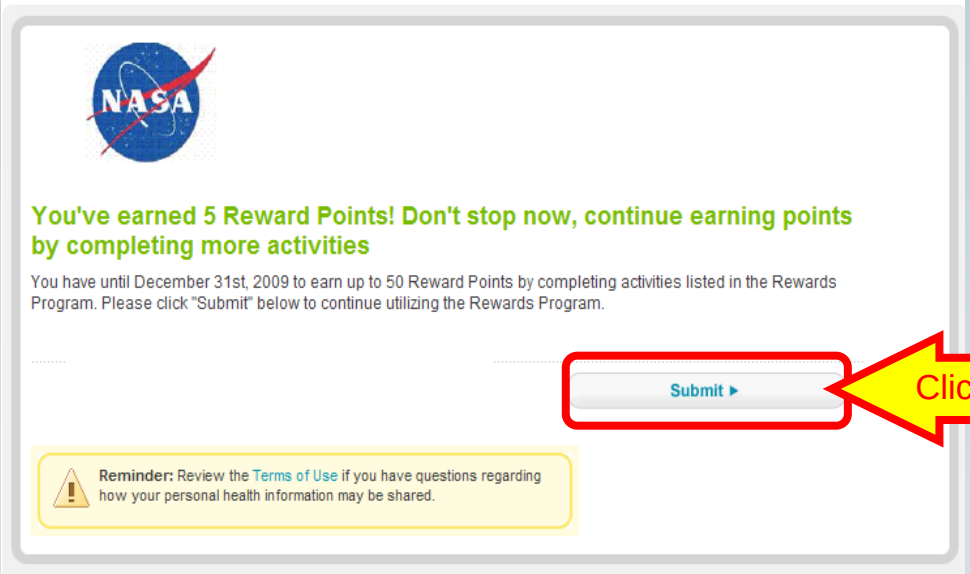
## Submit & Keep Participating

- Once you have completed your Health Assessment or other rewards activity, Mayo will thank you for participating
- Click *Submit*
- Click *Next*
- This activates you as a participant in the Rewards Program

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# Deadline to Enter Activities

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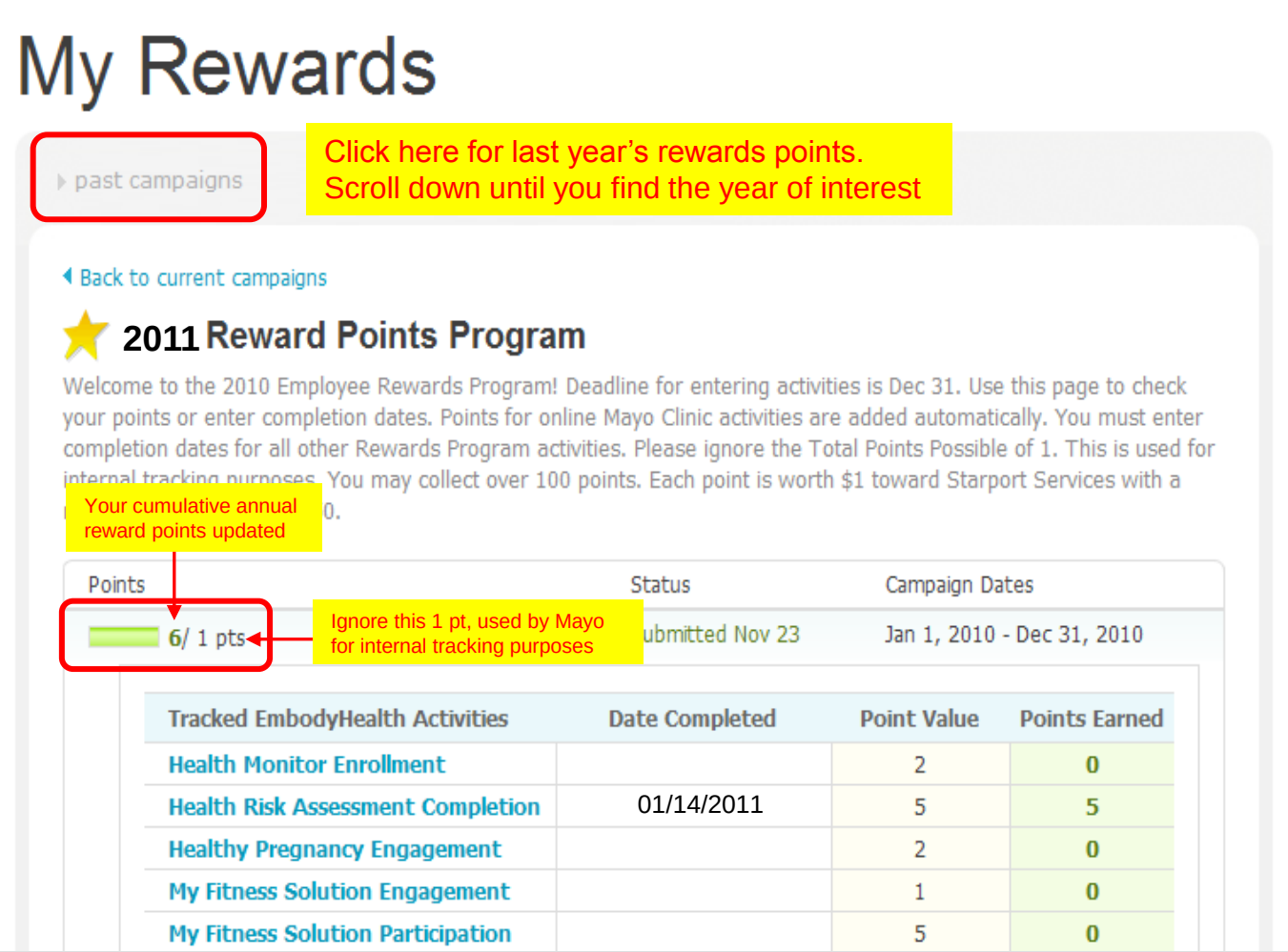
## Enter activities until Dec 31, then redeem!

- You may enter completion dates throughout the calendar year.
- Deadline to enter your activities is Dec 31st.

*NOTE: You will not get credit for activities that have not been entered on line by Dec 31st.*