



# 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 MetroHealthy wellness portal at <https://metrohealthy.metrohealth.org>.
2. Click the 'Sign in with Cerner Health' blue button in the center of the [Landing 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.\*  
\*You will need to use a different username and password from the one you previously used to log onto the portal.
5. Fill in a one-time authorization of your Member Number\* and Date of Birth.  
\*Your Member Number is your Banner Number.
6. Complete the Profile page and land on your MetroHealthy homepage.



### Here's how you can earn rewards:

	Level 1	Level 2	Level 3	Level 4
Reward	<ul style="list-style-type: none"> <li>• <b>A gym bag*</b></li> </ul> <p><i>* For the first 150 participants to reach this level</i></p>	<ul style="list-style-type: none"> <li>• <b>An umbrella*</b></li> </ul> <p><i>* For the first 50 participants to reach this level</i></p>	<ul style="list-style-type: none"> <li>• <b>A Magic Bullet*</b></li> </ul> <p><i>* For the first 25 participants to reach this level</i></p>	<ul style="list-style-type: none"> <li>• <b>A wireless speaker*</b></li> </ul> <p><i>* For the first 10 participants to reach this level</i></p>
Points Needed	<b>150 points</b>	<b>300 points</b>	<b>500 points</b>	<b>800 points</b>
Requirements	<ul style="list-style-type: none"> <li>• <b>Online Health Assessment, 100 points:</b> Log into the portal (<a href="https://metrohealthy.metrohealth.org">https://metrohealthy.metrohealth.org</a>) to complete a short, confidential questionnaire. The Health Assessment is reset annually to allow you to re-evaluate your current health. You will need to <b>re-answer all questions to receive points.</b></li> <li>• <b>Earn additional 50 points by doing Healthy Habits</b> (see reverse side for list of activities)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Complete Level 1, 150 points</b></li> <li>• <b>Earn additional 150 points by doing Healthy Habits</b> (see reverse side for list of activities)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Complete Level 2, 300 points</b></li> <li>• <b>Earn additional 200 points by doing Healthy Habits</b> (see reverse side for list of activities)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Complete Level 3, 500 points</b></li> <li>• <b>Biometric Screening, 50 points:</b> Complete a screening to measure blood pressure, BMI, total cholesterol and blood glucose by:               <ul style="list-style-type: none"> <li>• Attending the JCU benefits fair in October <b>OR</b></li> <li>• Having your doctor collect these during an exam (see JCU FIT Verification Form)</li> </ul> </li> <li>• <b>Earn additional 250 points by doing Healthy Habits</b> (see reverse side for list of activities)</li> </ul>
Deadline	<b>December 1, 2018</b>			



# JCU FIT Healthy Habits

Health Exams and Screenings	POINT VALUE
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<b>Online Health Assessment</b>	<b>100 points</b>
<b>Biometric Screening-</b> Body Mass Index (BMI), Blood Pressure, Total Cholesterol and Glucose	<b>50 points</b>
<b>Flu Shot</b>	<b>50 points</b>

Medical Self-Management & Health Improvement Programs	POINT VALUE
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<b>Weight Watchers</b>	<b>50 points per session</b> Annual max: 150 pts.
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Self-Care Tracking	POINT VALUE
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<b>Portal Fitness Logs-</b> Cardio, Strength and/or Steps Tracker	<b>1 point daily</b> Annual max: 300 pts.
<b>Activity Trackers/Health Apps-</b> See portal for a list of activity trackers and apps that connect	<b>1 point daily</b> Annual max: 300 pts.
<b>Portal Nutrition Logs-</b> Food, Water and/or Fruits and Vegetables	<b>1 point daily</b> Annual max: 300 pts.
<b>Portal Weight Log</b>	<b>1 point weekly</b> Annual max: 52 pts.

Wellness Activities	POINT VALUE
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<b>Portal Workshops</b>	<b>Points vary</b> Annual max: 300 pts.
<b>Volunteering/Philanthropic Opportunities</b>	<b>10 points per event</b> Annual max: 100 pts.
<b>Spiritual Wellness Events</b>	<b>10 points per event</b> Annual max: 100 pts.
<b>Go Move Challenge</b>	<b>50 points for 250 minutes of movement</b>
<b>Wear Red Day</b>	<b>10 points</b>
<b>Daron Larson Mindfulness Seminar</b>	<b>30 points</b>
<b>Heart Healthy Cooking Class</b>	<b>30 points</b>
<b>Energy Medicine</b>	<b>30 points</b>
<b>Grocery Cart Makeover</b>	<b>30 points</b>
<b>Outdoor Yoga</b>	<b>30 points</b>
<b>Staying Healthy Under and Over 40</b>	<b>30 points</b>
<b>Prostate Health</b>	<b>30 points</b>
<b>Brain Health Seminar</b>	<b>30 points</b>
<b>Know Your Numbers Seminar</b>	<b>30 points</b>
<b>JCU Homecoming 5K</b>	<b>25 points</b>
<b>Couch to 5K Challenge</b>	<b>50 points</b>
<b>Financial IQ Challenge</b>	<b>25 points</b>
<b>Budget Bootcamp</b>	<b>30 points</b>
<b>Thankful Thoughts Challenge</b>	<b>30 points</b>