

2022 - 2023 MY REWARDS ACTIVITY GUIDE



ENROLL TODAY!



1. Visit myhalcyonwellness.com or scan the QR code to download the MyWellPortal app and log in with your personal username and password
2. New users will select 'Register for a new account' and enter the code 'marin' to create a personal profile
3. Complete the registration process using your full legal first and last name
4. Select the 'Rewards' tab at the top of the page to enroll



COMPLETE ACTIVITIES & GET REWARDED

The My Rewards incentive program is offered to all benefits-eligible College of Marin employees and allows participants to complete qualifying wellness activities for points toward prizes. This guide will help you understand how to enroll in the program, provide an overview of each wellness activity and how to earn points upon completion.

To earn gift cards and other prizes, you will need to participate in various qualifying wellness activities by May 12, 2023.

QUESTIONS? CONTACT HALCYON WELLNESS AT MYREWARDS@MYWELLPORTAL.COM OR 800.882.2109



WELLNESS ACTIVITIES FOR COLLEGE OF MARIN

OCTOBER 1, 2022 – MAY 12, 2023

QUALIFYING WELLNESS ACTIVITIES	POINTS EARNED	FREQUENCY
Enroll in My Rewards Program	25	Once
Telephonic or Email Health Coaching Program	200	Once
Health Risk Assessment	100	Once
Halcyon Wellness Challenge #1	100	Once
Halcyon Wellness Challenge #2	100	Once
Preventative Care Visit	25	Max of 3
Flu Vaccine	25	Once
Community Hour Workshops & Activities	25	Max of 8
Try Something New – October 2022	25	Once
Try Something New – November 2022	25	Once
Try Something New – December 2022	25	Once
Try Something New – January 2023	25	Once
Try Something New – February 2023	25	Once
Try Something New – March 2023	25	Once
Try Something New – April 2023	25	Once
Personal Self-Care Activity	25	Max of 8
TOTAL POINTS AVAILABLE	1,200	

ACHIEVE ONE THE POINT TIERS BELOW TO BE ELIGIBLE FOR A GIFT CARD DRAWING!

600 – 799 POINTS = \$25 GIFT CARD DRAWING (UP TO 30 WINNERS; DRAWING IF MORE THAN 30 WINNERS)

800+ POINTS = \$50 GIFT CARD DRAWING (UP TO 30 WINNERS; DRAWING IF MORE THAN 30 WINNERS)

GRAND PRIZE – All those who reach 800 points will be entered into a drawing!

Gift cards will be distributed in June 2023 before the end of the semester

OTHER PRIZES TO WIN:

HALCYON WELLNESS CHALLENGES #1 & #2 = \$25 SNAPPY GIFT PRIZE DRAWING – (FOR THOSE WHO REACH THE CHALLENGE GOAL)

EACH MONTHLY TRY SOMETHING NEW CAMPAIGN = \$25 SNAPPY GIFT PRIZE – (2 WINNERS PER MONTH)

Winners will be contacted directly about their prizes.

ENROLL IN MY REWARDS PROGRAM

Enroll in the My Rewards program and earn 25 points! The sooner you enroll, the sooner you can complete activities towards prizes!

How to Earn Points:

Visit the Rewards page at myhalcyonwellness.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately. This activity may be completed one time.

HEALTH RISK ASSESSMENT

To get started, log into myhalcyonwellness.com, hover over the 'Health Tools' tab and select 'Wellness Assessment'. Select the 'Get Started' button to begin. Upon completion, select the green 'Submit' button to submit your answers and receive your personal health results. Please note: If you completed the Health Risk Assessment last year, you will have to complete the Health Risk Assessment this semester as well to earn points.

How to Earn Points:

Visit the Rewards page at myhalcyonwellness.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately. This activity may be completed one time.

TELEPHONIC OR EMAIL HEALTH COACHING PROGRAM

Health coaching is available on a variety of topics such as nutrition, heart health, exercise, weight loss, sleep hygiene, and more! Each coaching program consists of 4 sessions with your dedicated health coach. To enroll, call a Halcyon Health Coach at 800.882.2109 option 1 or email coaching@mywellportal.com and reference College of Marin. The deadline to enroll in a program to be eligible for points is April 14, 2023.

How to Earn Points:

The points will be uploaded to your Rewards page by Halcyon Health & Wellness within 15 days of completing a telephonic or email health coaching program. This activity may be completed one time.

HALCYON WELLNESS CHALLENGE #1

Prior to the beginning of the Halcyon Wellness Challenge #1 (which will most likely be offered in the Fall 2022 semester), you will receive information inviting you to enroll. All challenge-related activities will be tracked within the 'Challenges' page at myhalcyonwellness.com.

You must achieve the challenge goal to receive points for this activity.

How to Earn Points:

The points will be uploaded to your Rewards page by Halcyon Health & Wellness within 15 days of completing the challenge. This activity may be completed one time.

HALCYON WELLNESS CHALLENGE #2

Prior to the beginning of the Halcyon Wellness Challenge #2 (which will most likely be offered in the Spring 2023 semester), you will receive information inviting you to enroll. All challenge-related activities will be tracked within the 'Challenges' page at myhalcyonwellness.com.

You must achieve the challenge goal to receive points for this activity.

How to Earn Points:

The points will be uploaded to your Rewards page by Halcyon Health & Wellness within 15 days of completing the challenge. This activity may be completed one time.

PREVENTATIVE CARE VISIT

Complete a preventative care visit with your physician. Eligible exams include annual physicals, dental visit, vision exams, colonoscopy, mammogram, well-woman visit, etc.

Only one visit may be completed per day. To log another visit, change the log date to a different day to earn credit.

How to Earn Points:

Visit the Rewards page at myhalcyonwellness.com and click on this activity. Change the dial from 'No' to 'Yes', enter the type of exam into the 'Notes' section and click 'Save' to see your points update immediately. This activity may be logged daily, for a maximum of three visits per year.

FLU VACCINATION

Get your flu shot in the Fall 2022 (Influenza vaccine).

How to Earn Points:

Visit the Rewards page at myhalcyonwellness.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately. This activity may be completed one time.

COMMUNITY HOUR WORKSHOPS AND ACTIVITIES

You can log points for Community Hour workshops and activities you attend. The COM Wellness Program will be offering Community Hour sessions throughout the year that you can attend. However, all Community Hour workshops and activities count for points, not just the COM Wellness Program sessions.

Only one activity may be completed per day. To log another class, change the log date to a different day to earn credit.

Upcoming Community Hour Workshops and Activities can be found here:

<https://www1.marin.edu/events/community-hour>

How to Earn Points:

Visit the Rewards page at myhalcyonwellness.com and click on this activity. Change the dial from 'No' to 'Yes' and click 'Save' to see your points update immediately. This activity may be logged daily, for a maximum of eight Community Hour activities per year.

TRY SOMETHING NEW MONTHLY CAMPAIGNS (OCTOBER 2022 – APRIL 2023)

An email will be sent out each month with a new wellness focus and theme. The email will include tips and resources on how to complete this monthly campaign.

How to Earn Points:

Visit the Rewards page at myhalcyonwellness.com and click on this activity for each month. Change the dial from 'No' to 'Yes', enter the activity you did into the 'Notes' box and click 'Save' to see your points update immediately. You must complete the 'Notes' text box to be eligible for the monthly drawing. This activity may be completed one time per month.

PERSONAL SELF-CARE ACTIVITY

Wellness and self-care look different for everyone. While the COM Wellness Program is offering monthly wellness themes to focus on, you may have another self-care activity you like to do. Or you may like one of the monthly themes and activities so much that you continue doing it even after the month is over, which is great! We want to encourage you to find the best activity that you enjoy doing.

Self-care activities can include, but are not limited to:

- Going for a walk/ hike in nature
- Reading a book
- Unplugging from your phone
- Putting on music and dancing around while doing chores
- Calling or reaching out to a friend you haven't talked to in a while
- Taking up a creative activity like painting, drawing, music, etc.
- Writing in your journal
- Meditating and/or stretching at your desk

As long as you consider it to be self-care and helpful to your physical and emotional well-being, then it counts for points!

How to Earn Points:

Visit the Rewards page at myhalcyonwellness.com and click on this activity for each month. Change the dial from 'No' to 'Yes', enter the activity you did into the 'Notes' box and click 'Save' to see your points update immediately. You must complete the 'Notes' text box for these points to count towards your total. These self-care activities can be completed daily, for a maximum of eight activities per year (25 points each with a maximum of 200 points total).

PROGRAM FAQs

How do I track an activity more than once?

When an activity can be self-verified more than once, you may change the date by selecting the Log Date calendar, choosing a date in a previous month, and then marking your completion following the steps within the activity description.

Why don't I receive my points right away for some activities?

Certain activities must be administratively verified by Halcyon Health & Wellness for accuracy. Our team works as quickly and efficiently as possible to award points in a timely manner, however, it can take up to 30 days for activities to be reflected within your account.

Why is there a deadline to enroll in a coaching program?

Each telephonic or email coaching program consists of 4 weekly sessions with your dedicated health coach. In order to complete your program before the My Rewards deadline, you must enroll by a certain date to allow enough time to complete the 4 sessions.

You may still use and sign up for the Health Coaching Program after the deadline has passed, but you will not receive points in the My Rewards Program.