



HEALTHY LIFESTYLE REWARDS PROGRAM

Earn up to 15 points by participating in the following healthy lifestyle activities during the calendar year. Track your rewards on the Healthy Lifestyle Rewards Passport and submit proof of each activity to the Office of Human Resources. Each line should be signed and dated by the program facilitator or an HR representative after proof of completion is presented. Completed Passports should be returned to the Human Resources Office by December 31, 2025. The [Employer-Sponsored Wellness Programs Notice](#), and more is posted at Moravian.edu/wellness.

Maximum Points	Healthy Lifestyle Rewards Description	Proof Required
3	8 Week Journey to Wellness, choose from Sleep Journey , Stress Management Journey or Weight Management Journey	Signed Affidavit that you have successfully tracked your journey for 8 weeks and documented it through journal entries
2	Run your Credit Report	