



RFC Incentive Program

Your Way To Wellness

The mission of the Wellness Program at SAS Institute Inc. is to assist employees in achieving optimal health and well-being.

Your Way to Wellness is an incentive program designed to encourage participants to seek a life of balance and fulfillment through their own learning and actions. The program is founded on personal responsibility for one's own wellness. **Your Way to Wellness** provides a reward for striving to improve one's quality of life.

Your Way to Wellness is a six-month incentive program with two opportunities to participate during the calendar year: **January 4th – June 30th, 2010 and/or July 1st – December 24th, 2010**. The program is registration-based. Open enrollment takes place one month prior to the initiation date. Once registered, you will receive email communications informing you of Wellness opportunities during the six-month period. To complete the six-month program, you must obtain **12 points**. Once your completed tracking sheet is submitted by the deadline and you have fulfilled the requirements of the program, you will receive 12 RFC Dollars.

Guidelines for Participation

To complete the program, choose from the following activities at the RFC's Wellness Center. Wellness opportunities can be found under the Wellness section of the RFC newsletter. *These activities count towards one and only one incentive program.*

1. Wellness Seminars (1 point/seminar)

- Any seminar listed under the Wellness section of RFC newsletter.

2. Specialty Yoga Workshops (1 point)

- Examples: Arm Balance/Inversion, Yoga Back, Yoga Core, Restorative, Outdoor, Heart Opening/Backbend

3. Wellness Library (1 point/book)

- Check out and read a book from the Wellness Library (credit not to exceed 2 books/6 month period)

4. Self-care


- Annual physical (may count once in a 12 month period; **3 points**)
- Vision checkup (may count once in a 12 month period; **2 points**)
- Onsite massage (may count once in a 6 month period – length of massage does not matter; **1 point**)

5. Ongoing Wellness Programs

- Completion of Prenatal to Cradle Program (**2 points**)
- Completion of the Wellness Profile Program (**2 points**)

6. Additional Wellness Offerings

- Other coordinated Wellness activities such as Beginner Yoga, Eco-Family Challenge, Mindfulness-Based Stress Reduction as well as events taking place within the Meditation Garden will earn you points. Once you are officially registered for the **Your Way to Wellness** Program, you will receive additional information regarding upcoming offerings and the points allocated for each.

 (see back page)

To participate in the **Your Way to Wellness** Program, please complete the following:

Participant's Name (please print): _____

Is the person listed above a SAS employee? ____ Yes ____ No

If no, what is the name of the SAS employee sponsor? _____

SAS Employee Number: _____

Participant's Phone Number: _____

Participant email (if not the employee): _____

SIGNATURE _____ DATE _____

- Please check here if you are a spouse, domestic partner, or eligible family member of a SAS employee.
- Please check here if you are a regional SAS employee.

Your signature indicates your compliance to all program rules.

