

Activities that can be used for voucher:

Email Work Well with the activity and date occurred for the following activities (Work Well will email you a completed voucher to upload into the Wellness Portal):

- Flu/COVID vaccination
- Blood Pressure check
- Preventative Screening with primary provider
- Complete SafeColleges/Vector Solutions Back Safety and Slips, Trips and Falls
- Donation to the UND or larger community (time, gifts, financial, etc. Ex: Denim Day, United Way, volunteer)
- Take a class – TTaDA, adult education, UND/other University class, professional development
- Get a free ergonomic assessment (Office of Safety: 7-6232)
- Participate in Joggin' with Josh
- Community diversity event
- Spiritual Wellness participation (church services, participating in Interfaith Week events)
- Department sponsored wellness walk

Work Well will email you a completed voucher to upload into the Wellness Portal automatically for the following activities (no email needed):

- UND Health Screening
- Attend State Employee Recognition Week event
- Attend Spring Fling
- Participate in Work Well sponsored *one-day* wellness programs
  - Sanford wellness education opportunities
  - Wear Red Day
  - Night Staff Breakfast
  - Campus-wide walk
- Participate in Work Well sponsored *multi-day* wellness programming
  - Zen in 10 (attend at least 10 sessions)
  - Wellness BINGO
  - Level Up Challenge
  - Hydration Challenge
  - Get Moving Challenge
  - Nutrition BINGO
  - BIKE IT Challenge
  - Drift Off – Sleep Challenge
  - Gratitude Campaign
  - Winter Wellness Challenge

This list is not exhaustive. If you have other wellness activities/events that you participated that are not on this list, please email Work Well to have your event approved and your voucher completed.

Thank you!

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