

# LAKEMARY WELLBEING REWARDS

Turn points into prizes with Lakemary Wellbeing Rewards! Earn points by completing and tracking wellness activities. Compete against each other for a top prize OR earn a spot in our tiered drawing. See below for more information including changes in Quarter 2 competition.

Competition for Quarter 2 begins on Wednesday, April 15th, lasting until Tuesday, June 30th.

*\*Registration closes on Tuesday, April 14<sup>th</sup> at 11:59pm.*



## Overall Winner

Win the top spot by earning the most points over the entire calendar year. Not only will you win bragging rights, but also a \$500-valued prize!

## Individual Winners

The top 3 competitors in each quarter will win a prize valued at \$500 (1<sup>st</sup>), \$350 (2<sup>nd</sup>), and \$200 (3<sup>rd</sup>).



## Tiered Drawing

Earn points throughout each quarter. Once you complete the specified wellness activity in a given tier, you will be added to a drawing for a chance to win the following prize values:

Tier	Prize	Requirements
<b>TIER 1</b>	<b>\$100 valued prize</b>	Complete a health goals sheet.
<b>TIER 2</b>	<b>\$200 valued prize</b>	Complete a biometric screening form.
<b>TIER 3</b>	<b>\$350 valued prize</b>	Submit proof of annual exam.
<b>TIER 4</b>	<b>\$500 valued prize</b>	Complete all in-app EQ2 trainings.

\*Please note that completing these activities will secure your placement for drawing in that tier through the end of calendar year.

Learn more about this program and how to sign up by visiting the Employee Wellness Portal or visiting the Employee Wellness page on Viva Engage.

Reach out to Lakemary Employee Wellness with any questions- Grace Davis via email at [grace.davis@lakemary.org](mailto:grace.davis@lakemary.org) or via call/text at (913) 359-5424.

# JOIN THE COMPETITION!

Quarter 2: Begins April 15th, 2026

## 1. Register

Registration is simple! Log-in to your Microsoft Account with your Lakemary email (firstname.lastname@lakemary.org), then navigate to the “Lakemary Employee Wellness” page on Viva Engage (link attached below). Join the Community and subscribe to the email list- that’s it!

Registration lasts through the end of the calendar year. If you registered for Quarter 1 of 2026, you do not need to re-register for the wellbeing challenge until January 2027.

**Link to the “Lakemary Employee Wellness” page:**

<https://engage.cloud.microsoft/main/org/lakemary.org/groups/eyJfdHlwZSI6Ikdyb3VwIiwiaWQoIjoiOiYMTk1MDU4Njg4MDAifQ>

**Deadline to sign-up for participation in Quarter 2 (April 15-June 30):**

**Tuesday, April 14<sup>th</sup> at 11:59pm**

## 2. Earn & Track Points

Review the “How to Earn Points” page, complete a wellness activity, then reference the activity on the “How to Track Points” page for instructions on how to make a submission for points. Please note, many of the items do not require you to submit information due to external tracking from Lakemary Employee Wellness.

## 3. Keep an Eye on the Competition

Weekly leaderboards will be released via email update. Emails will *only* be sent to those who have registered for the competition via email subscription to the “Lakemary Employee Wellness” page in Viva Engage.

## Rules

1. Must be actively employed with Lakemary Center for the entire quarter in which you are participating.
2. Cannot earn a Quarterly Individual Prize *and* a Tiered Drawing Prize in a given year. May only earn one Quarterly Individual Price OR one Tiered Drawing Prize in a given year. However, anyone (including Quarterly Individual Prize and a Tiered Drawing Prize winners) may win the Overall Annual Winner Prize.
3. Quarterly winners are selected for their points earned in *THAT* quarter. Points for the Quarterly competition are not cumulative but will continue to be tracked for the Overall Annual Winner Prize, which is cumulative.
4. Specified wellness activity submissions **MUST** be made to the tracking portal, or they will not be recorded for points- see “How to Track Points.”

# HOW TO EARN POINTS

Hyperlinks will go live on Wednesday, April 15th at 12:00am.

Wellness Activity	Access	Points per Item	Points Possible
Follow Lakemary Employee Wellness on Viva Engage.	Log into your Microsoft account, navigate to <a href="#">Viva Engage</a> , follow “Lakemary Employee Wellness” page.	5	5
Download the EQ2 app.	Click <a href="#">here</a> for the link to the EQ2 app.	5	5
Watch a Wellness Video.	Wellness videos are posted in your Paycom account under “Learning” tab. *New videos have been added for this quarter.	5	20
Share what wellness looks like for you on Viva Engage.	Create a post on the “Lakemary Employee Wellness” page sharing what wellness looks like for you in this season (Spring).	10	10
Find an accountability partner.	Your partner must text Employee Wellness at least once each month <i>on your behalf</i> notifying of partnership and progress- (913) 359-5424.	10	30
Use Health Coaching, Mental Health Therapy, or Tobacco Cessation Programs.	For each appointment that you complete, in any combination, maxed at 3 appointments. (Ex. 3x Mental Health therapy, or 2x Health Coaching & 1 Tobacco Cessation Appointment, etc.)	15	45
Attend a Wellness Class.	Includes all classes, workshops, and lunch & learns offered through Lakemary Employee Wellness. Find a list of available classes <a href="#">here</a> .	20	Unlimited
Use your PTO.	For each hour used, you will receive a point- capped at 40 hours for each quarter.	1	40
Participate in this quarter’s challenge.	Compete in the Walking Challenge (April 27th-June 27th)- Registration opens on April 6th.	50	50
<b>Complete Health Goals Sheet</b>	<b>Complete <a href="#">this</a> form and submit to Lakemary Employee Wellness. *Required to compete for Tier 1.</b>	<b>Secured into Tier 1 + 50 annual points</b>	
<b>Complete Biometric Screening OR Attend Biometric Screening Event.</b>	<b>Compete <a href="#">this</a> form and submit to Lakemary Employee Wellness OR attend the biometric screening event to fulfill this portion (Mar ‘26). *Required to compete for Tier 2.</b>	<b>Secured into Tier 2 + 50 annual points</b>	
<b>Submit proof of annual exam.</b>	<b>Have your healthcare provider complete <a href="#">this</a> form and fax to Lakemary Employee Wellness- (913) 359-5424. *Required to compete for Tier 3.</b>	<b>Secured into Tier 3 + 50 annual points</b>	
<b>Complete all EQ2 in-app training modules.</b>	<b>Complete training modules in the EQ2 app, then submit screenshot to Lakemary Employee Wellness. *Required to compete for Tier 4.</b>	<b>Secured into Tier 4 + 50 annual points</b>	
Drink at least 80oz of water every day.	Track your hydration in fitness app of your choice for 30 days, submit screenshots of month’s average to Lakemary Employee Wellness.	50	150
Sleep 8 hours per night.	Track your sleep in fitness app of your choice for 30 days, submit screenshot of month’s average to Lakemary Employee Wellness.	50	150
Walk 250,000 steps.	Track your steps in fitness app of your choice for 30 days, submit screenshot of month’s total steps to Lakemary Employee Wellness.	50	150
Eat 30 different types of plants per week.	Use the app <a href="#">“Eat Thirty Plants”</a> to track, then submit screenshots to Lakemary Employee Wellness each month.	75	225
Exercise (moderate to intense) for 150 minutes per week.	Track your exercise in fitness app of your choice for a month, submit screenshots to Lakemary Employee Wellness.	75	225

# HOW TO TRACK POINTS

Items highlighted in yellow indicate that the employee is responsible for submitting information.

**Hyperlinks will go live on Wednesday, April 15th at 12:00am.**

Wellness Activity	Tracking & Submission
Follow Lakemary Employee Wellness on Viva Engage.	<i>No submission required-</i> Lakemary Employee Wellness will track followers through Viva Engage account.
Download the EQ2 app.	Must submit a screenshot to the <a href="#">tracking portal</a> .
Watch a Wellness Video.	<i>No submission required-</i> Lakemary Employee Wellness will track video viewing in Paycom Learning.
Share what wellness looks like for you on Viva Engage.	<i>No submission required-</i> Lakemary Employee Wellness will track posts through Viva Engage account.
Find an accountability partner.	<i>No submission required-</i> Lakemary Employee Wellness will track messages received through direct line.
Use Health Coaching, Mental Health Therapy, or Tobacco Cessation Programs.	<i>No submission required-</i> Lakemary Employee Wellness will track participation in its programs.
Attend a Wellness Class.	<i>No submission required-</i> Lakemary Employee Wellness will track virtual & in-person attendance for each of its classes, workshops, and lunch & learns.
Use your PTO.	<i>No submission required-</i> Lakemary Employee Wellness will track used PTO through the Paycom reports center.
Participate in this quarter's challenge.	<i>No submission required-</i> Lakemary Employee Wellness will track participation in its challenges.
<b>Complete Health Goals Sheet</b>	Complete <a href="#">this</a> form and submit a scan/copy to the <a href="#">tracking portal</a> .
<b>Complete Biometric Screening OR Attend Biometric Screening Event.</b>	Must submit copy of completed <a href="#">biometric form</a> to the <a href="#">tracking portal</a> OR have your provider fax form to Lakemary Employee Wellness at (913) 359-5424.
<b>Submit proof of annual exam.</b>	Must submit copy of proof of annual exam to the <a href="#">tracking portal</a> OR have your provider fax proof to Lakemary Employee Wellness at (913) 359-5424.
<b>Complete all EQ2 in-app training modules.</b>	Must submit a screenshot of progress page to the <a href="#">tracking portal</a> .
Drink at least 80oz of water every day.	Track hydration using fitness app of your choice for 30 days, then screenshot month's average, submit to the <a href="#">tracking portal</a> .
Sleep 8 hours per night.	Track sleep using fitness app of your choice for 30 days, then screenshot month's average, submit to the <a href="#">tracking portal</a> .
Walk 250,000 steps.	Track steps using fitness app of your choice for 30 days, then screenshot month's total steps, submit to the <a href="#">tracking portal</a> .
Eat 30 different plants each week.	Must track nutrition using " <a href="#">Eat Thirty Plants</a> " app for month, then screenshot data from the month, submit to the <a href="#">tracking portal</a> .
Exercise (moderate to intense) for 150 minutes per week.	Track exercise using fitness app of your choice for 30 days, then screenshot month's average weekly minutes of moderate-intense exercise, submit to the <a href="#">tracking portal</a> .