2020 MotivateMe Incentive Opportunities: Dimensions of Wellness

This is an overview of programs that can be self-reported to earn MotivateMe incentives for the Dimensions of Wellness categories. Each of the following categories is capped at 1 activity ($10), for a total possible incentive of $120. (Please note, the dates and times of the events listed below are subject to change.)

- Dimensions of Wellness – Physical Goal
- Dimensions of Wellness – Intellectual Goal
- Dimensions of Wellness – Financial Goal
- Dimensions of Wellness – Occupational Goal
- Dimensions of Wellness – Emotional Goal
- Dimensions of Wellness – Social, Spiritual & Environmental Goal

For a list of all possible MotivateMe incentive opportunities, log on to mycigna.com.

Throughout the year

**Personal Training Sessions**

*Physical Dimension*

As scheduled.

**Massage Therapy Sessions**

*Emotional Dimension*

As scheduled.

**Mindful Mondays**

*Emotional Dimension*

Wilton Center: Interfaith Prayer Room: Mondays from 12-1pm

**Employee Assistance Program (EAP) Webinars**

*Intellectual Dimension*

The EAP offers multiple webinars on wellness topics every month. Access all webinars (including past webinars on demand) at www.Cigna.com/EAPWebcasts.

**TIAA Financial Webinars**

*Financial Dimension*

TIAA offers multiple webinars on financial topics every month. Access all webinars (including past webinars on demand) at www.TIAA.org/webinars.
January 2020

Financial Wellness Series: “Get a Head Start”  
*Financial Dimension*  
January 22 | 12-1 pm | Heilman Dining Center, Richmond Room  
*Registration required*

February 2020

Managers’ Caregiver Support Series: The Role of Managers in Supporting Caregivers on Your Team: Understanding the Tools & Resources for You and Your Employees  
*Occupational or Emotional Dimension*  
February 3 | 10 am - 12 pm | Weinstein Hall - Brown Alley Room

URWell Caregiver Series: Resources and Support for Caregivers  
*Occupational or Emotional Dimension*  
February 3 | 12-1 PM | International Commons  
*Registration required*

April 2020

Food for Thought Webinar: Managing Anxiety: Coronavirus Fears & Concerns  
*Intellectual or Emotional Dimension*  
April 15 | 12-1 PM | Online  
*Registration required*

Food for Thought Webinar: Family Life – The Juggling Act  
*Intellectual or Emotional Dimension*  
April 29 | 12-1 PM | Online  
*Registration required*

May 2020

Thriving at Home: Virtual Cooking Demo  
*Social, Intellectual, or Emotional Dimension*  
May 6 | 12-1 PM | Online  
*Registration required*

Food for Thought Webinar: The Power of Positive Thinking  
*Intellectual or Emotional Dimension*  
May 13 | 12-1 PM | Online  
*Registration required*

Food for Thought Webinar: Mindfulness for Kids  
*Intellectual or Emotional Dimension*
May 27 | 12-12:30 PM | Online
Registration required

June 2020

Spider Spirit Virtual 5k
Physical or Social Dimension
June 1 -7
https://employeewellbeing.richmond.edu/2020-virtual-5k.html

Tips for Buying & Selling a Home During COVID-19
Financial Dimension
June 3 | 12 - 1 PM | Online
Registration required

October 2020

Anthem Corporate Run
Physical, Social, or Emotional Dimension
October 15 | Innsbrook Office Park
Registration required – More details coming soon!