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 or Spiritual 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*

**Cooking Demo with Matt Grosse**
Intellectual Dimension
June 24 | 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!"