On the Road with the Cardinals is Coming Back!
Starting September 2, teams of 6 people will have 68 days to “walk” the distance to Ball State’s away football games.

Register for Walk Indiana!
Walk Indiana is a non-competitive walking event with distances for your whole family. It takes place on the Cardinal Greenway Saturday, September 10, 2016.
A registration fee of $30 benefits the Cardinal Greenway. Ball State employees will receive half of their registration fee back upon completion of the walk. Register by August 28th to be eligible to win a Fitbit Flex. *Be sure to use your Ball State email when registering.

New LiveWell/DPP Class Starting
The LiveWell DPP is accepting new participants for the Fall class. LiveWell DPP is a 16 week program developed by the CDC to prevent type 2 diabetes through healthy eating, weight loss, and regular physical activity.
Learn how to become a fat detective, muscle motivator, and make social cues work for you! You will learn tiny habits that you can easily incorporate into your day making it easier for you to live well!

Who Should Participate:
Those at risk for developing diabetes, high blood pressure, high cholesterol, or wish to reduce BMI
Those who want to live a healthier lifestyle

New This Year
Based on your feedback, we made a few changes to the 2016 OTR Challenge!
- Emphasis on setting a personal goal
- A competitive option for teams that like to compete
- More opportunities for prizes

Challenge details will be available soon on www.bsu.edu/workingwell

Informational meeting
When: September 1, 2016 @ 12:30p.m.
Where: Bracken Library Rm 215
Visit www.bsu.edu/workingwell for more information.

Contact the Working Well office (285-9355) or visit www.bsu.edu/workingwell for more information.
Working Well Fitbit Leaderboard

Do you have a Fitbit?

Join our Community Activity Group on Fitbit. Search Ball State University Working Well.

Don’t have a Fitbit?

Benefit-eligible employees have the opportunity to purchase a FitBit Flex™ for ½ the retail price after completing the LiveWell Incentive program! For more information about the LiveWell Incentive program, contact the Working Well office or visit www.bsu.edu/workingwell.

| Ball State University Working Well Fitbit Community Group July 2016—216 members |
|-----------------------------------------------|---------------------------------|
| Mike K.                                      | 641,064 steps                   |
| Alex M.                                      | 509,660 steps                   |
| Spencer D.                                   | 453,006 steps                   |
| Alex T.                                      | 424,385 steps                   |
| Eric S.                                      | 422,104 steps                   |
| John B.                                      | 420,376 steps                   |
| Josh E.                                      | 397,265 steps                   |
| Josh                                          | 396,772 steps                   |
| Laura M.                                     | 393,100 steps                   |
| Sue                                          | 388,409 steps                   |

Working Well National Bike Challenge Update

You can still Join our group on the National Bike Challenge! Go to www.nationalbikechallenge.org. When you create your account, search for “Ball State University Working Well” to join our group. The Challenge ends September 30, 2016.

Check out www.bikemuncie.org for a bicycle friendly map of Muncie!

Check Out These Top Riders for July

<table>
<thead>
<tr>
<th>Distance (miles)</th>
<th>Name</th>
<th>Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>978</td>
<td>Jason Ludwick</td>
<td></td>
</tr>
<tr>
<td>767</td>
<td>Jay Hileman</td>
<td></td>
</tr>
<tr>
<td>393</td>
<td>James Hammons</td>
<td></td>
</tr>
<tr>
<td>346</td>
<td>Mark Combs</td>
<td></td>
</tr>
<tr>
<td>298</td>
<td>Jason Tucker</td>
<td></td>
</tr>
</tbody>
</table>

Hoosier Hank—Update

Hoosier Hank has started with Ball State participants tracking their steps through Lifeworks or paper trackers. Ball State is working as one team to compete against other organizations within Delaware County. Our average daily steps after week 2 is 7450 steps/day!

Walk Indiana Training Dates

When: Saturday, August 13
Where: Prairie Creek trailhead, head south
When: 7:15am and 8:15am Free blood pressure checks
      7:15am, start time 7:30am Early Bird Walk
      8:15am, start time 8:30am Walk with a Doc Walk
Don’t Miss Out on 2015-2016 Wellness Incentives

Looking for a way to use the Rec Center for FREE? Benefit-eligible Ball State employees and spouses can earn a free wellness voucher through the LiveWell Incentive plus a Fitbit Flex for half-price. You only need 20 points! They are easy to get especially when you complete the online health assessment (It’s worth 14 points!!).

To get an extra $50 in your December paycheck, Ball state employees and spouses on Ball State’s health insurance plan can participate in the BeWell Incentive. For more details on these incentive programs, go to www.bsu.edu/workingwell.

Want to Learn More…

Contact our office at 285-9355 if you would like a member of the Working Well office to attend your next staff meeting for quick updates on wellness programs or to provide demos on how to use Lifeworks resources to support your wellness goals.

2015-2016 Wellness Incentive DEADLINE is OCTOBER 31, 2016.

Employee Quick Clinic

The BSU Quick Clinic, is a great resource located right here on our campus! Please be reminded of the following items when you look to the Quick Clinic for treatment:

- The Quick Clinic provides care for common illnesses and minor injuries.
- Please remember that the Quick Clinic is NOT meant to replace your primary care physician or family doctor. If you need sports or camp physicals, you will need to visit your family physician, the Quick Clinic is not able to provide those services at this time (travel abroad physicals are still available)
- Be sure to always bring your photo ID and current insurance card

If you are in need of locating a family physician, please stop by the Quick Clinic (Health Center Rm 008) for an updated list of physician who are currently accepting new patients.

*No deductible or co-insurance is required for employees, their families or retirees under the age of 65 who use the BSU Quick Clinic and are enrolled in the Low Deductible PPO Plan or High Deductible Wellness PPO Plan as their primary coverage. Individuals that are enrolled in the HSA Qualified Health Plan as their primary coverage are also encouraged to visit the clinic, however, your insurance will be billed. No payment is required at the time of service.