

# Wellness at Wilkes

Find information about Wellness Committee initiatives and supporting resources here.



## Initiatives

**April, 2024 - HR and the Wellness Committee announce information about the Wellness Incentive for Open Enrollment 2025!**

Watch the recording of an information session explaining the program [here](#).

To earn your 2025 wellness incentive, follow these simple steps:

1. Set up your account at the [ConnectCare3 site](#) using the Wilkes Employer code (1799). Find detailed instructions [here](#).
  2. Complete the online Health Risk Assessment on the ConnectCare3 site AND
  3. Complete one HealthyU course in the ConnectCare3 site/app which will be automatically recorded in your ConnectCare3 account. OR attend a sanctioned wellness activity and upload the verification form to the ConnectCare3 site. **Sanctioned Wellness Events were advertised as such in Today@Wilkes.**
- **Read and Follow the instructions on the form to access a copy you can complete.** Access the verification form [here](#).

Please scroll down your ConnectCare3 Welcome Page to review your completions.

Deadline for completion will be November 22, 2024 when the Open Enrollment period closes.

Got Questions? Contact Kathy Malcom in the Human Resources office.