

Sandy Total Wellness

Your Onsite Wellness Program

WHAT IS IT?

Sandy Total Wellness is BD Sandy's Onsite Wellness Program aimed at encouraging healthy habits while educating employees on how to create their own in EVERY area of wellness. It is an additional program, separate from Corporate's Healthy Lives Program*, available to all employees at Sandy site—regardless of their insurance carrier.

The program allows you to participate in sitewide Challenges, Sports Tournaments, Lunch 'n Learns, Blood Drives, Fitness events, and even choose or create your own personal challenges—all which award you points. At the beginning of each year, each point turns into \$1, for up to \$200 paid directly to your paycheck!** All for doing healthy things that you are hopefully doing already!

HOW DO I PARTICIPATE?

#1 Sign up for online tracking or paper tracking.

ONLINE TRACKING—We use WellRight <https://bdsandy.wellright.com/> for online tracking. To use WellRight, you must participate in the Biometric Screening held at the beginning of each year. A few weeks after the screening, you will receive a registration email with instructions on how to activate your WellRight account. If you missed the screening, you have the option of doing Paper Tracking.

PAPER TRACKING—If you missed the biometric screening or just want to track your progress on paper, sign-up by simply emailing sherry.rowse@bd.com.

#2 Watch for events & challenges

All *Sandy* Total Wellness events are announced at least 2 weeks in advance on WellRight, through email, posted throughout the building on flyers, and in monthly safety meetings. Keep your eyes open and you won't miss out.

#3 Show up, have fun, track points (on WellRight or by turning in paper trackers), be rewarded!!

*You must participate in Corporate's Healthy Lives to receive up to \$500 in gift cards or as a charitable contribution. That is not a part of Sandy Total Wellness.

**You must earn at least 80 points by the end of the year in order to get any payout from Sandy Total Wellness.

THE FITNESS CENTER

Variety of Equipment: Treadmills, Bikes, Elliptical, Jump Rope, Dumbbells, Leg machines, Barbells & Plates, Steps, Cables, Bands, Foam Rollers, and Mats

Class Schedule posted on the Fitness Center Door

Fitness Classes offered: Pilates, STEP Aerobics, Strength, Flexibility Flow, and HIIT

Open 24/7

\$35 for an entire year

To join: Contact your Wellness Coordinator

WELLNESS COORDINATOR OFFICE HOURS & CONTACT INFO

Office Hours (located in the Fitness Center):

Mon/Wed 8AM-6PM
Tues/Thurs 8AM-4PM

Contact Info:

Call: 801-565-2468
Email: Sherry.Rowse@bd.com