

Sandy Total Wellness

Onsite Wellness Incentive Program

Who Can Participate

Sandy Total Wellness is BD Sandy's Onsite Wellness Incentive Program that encourages the development and ownership of healthy habits in EVERY area of wellness. This program is available to all Sandy employees regardless of their insurance carrier and is separate from Corporate's BD Healthy Lives Program.

Eligible Activities

Site-wide Wellness Challenges
Sports Tournaments
Lunch 'n Learns

Blood Drives
Fitness Events
Personal Challenges

Earning the Incentive

The incentive is paid to your payroll at the beginning of the next year; 1 point = \$1.

You must earn a minimum of \$80 (points) by the end of the year to receive the incentive and you can earn up to \$200 (points) max each year.

How To Participate

Paper Tracking: Email Sherry.Rowse@bd.com after you participate in an activity and submit the tracking sheet if required and the Wellness Coordinator will track your points.

Online Tracking:

Attend the onsite Biometric Screenings to gain access to WellRight (<https://bdsandy.wellright.com/>) to track your points.

Look for the Announcements: All activities and events will be announced in the Sandy Total Wellness newsletter, other emails, flyers by the timeclocks, and in monthly safety meetings.

Onsite BD Fitness Center

Equipment:

Treadmills, Ellipticals, Bikes, Dumbbells, Weight Machines, Barbells, Bands, etc.

**Group Exercise
Classes:**

Pilates, HIIT, Sports Conditioning, Flexibility

Open 24/7

\$35 Yearly Cost

**Contact the Wellness
Coordinator to Join!**

Wellness Coordinator

Office Hours:

Mon/Wed 9AM-6PM
Tues/Thurs 7AM-4PM

Contact Info:

801-565-2468
Sherry.Rowse@bd.com