Wilkes University

Wellness at Wilkes

Find information about Wellness Committee initiatives and supporting resources here.

2026 Open Enrollment Benefits Wellness Incentives Overview

Wilkes University is committed to supporting the mental and physical health of faculty and staff. As such, we continue to encourage employees to identify and maintain everyday practices that support a healthy lifestyle through our annual wellness incentive. In completing the incentives, faculty and staff are eligible to receive monetary incentives as indicated below.

To receive the benefit wellness incentive for 2026, full-time benefit eligible employees must complete the approved wellness activities by the end of the open enrollment period that will occur on November 26, 2025.

We encourage early participation to ensure all necessary steps are completed on time.

Incentives for the 2026 benefit plan year are as follows:

For employees participating in Wilkes medical insurance plans:

- · An additional employer deposit of $250 into the employee health saving account (HSA) for single coverage, OR
- · An additional employer deposit of $500 into the employee health savings account (HSA) for all other coverage tiers
- · An equivalent reduction to your medical benefit payroll contributions for all coverage tiers (should you choose the PPO $400 plan)

For employees not participating in Wilkes medical insurance plans:

- $100/month for employees who waive Wilkes Medical Coverage with an annual base pay of less than $62,000. Proof of alternative coverage required if not previously submitted.
- $50.00/month for employees who waive Wilkes Medical Coverage with an annual base pay of $62,000 < $100,000. Proof of alternative coverage required if not previously submitted.

How to Participate:

Select and complete two (2) of the activities from the three options below:

1. Commit to a physical activity or mental well-being practice of your choice
2. Attend an approved activity or event sponsored by the Wilkes Wellness Committee OR a designated by the Human Resources department for the incentive. Activities will be announced via Today@Wilkes.
3. Read **one** approved article about physical or mental wellbeing:
4.

    - The Definitive Guide to Healthy Eating in Real Life
    - Give Me A Break
    - Building Better Mental Health
    - What Do You Want to Know About Women's Health
    - What Do You Want to Know About Men's Health

Once you have finished your activities, please complete the Google Form at this link. The form will remain open through November 26, 2025.

If you have any questions or need assistance throughout the process, please feel free to reach out to Kathy Malcom, HR Benefits Manager or Abby Giunta, HR Generalist.

ADDITIONAL BENEFIT FOR ALL EMPLOYEES PARTICIPATING IN WILKES MEDICAL INSURANCE:

ConnectCare3 website:

If you have not set up your account, please 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.

Please scroll down your ConnectCare3 Welcome Page to review your completions, items successfully completed will display a check mark.