

Wellness Resources for all Rowan University Employees

NJ Well- applies to all health Benefit enrolled Rowan University employees:

NJ State Health Benefits Program Members (SHBP) and their eligible spouses/partners can participate in NJWELL and earn up to 500 points by completing the Biometric Screening, Health Assessment, and some [additional activities](#) before October 31, 2015. You and your spouse/partner can each earn a Visa® prepaid card valued up to \$200!

<http://www.state.nj.us/treasury/pensions/njwell/>

NJ Well Frequently Asked Questions:

<http://www.state.nj.us/treasury/pensions/njwell/pdf/njwell-faq.pdf>

Step 1: These activities are required by all participants:	Point Values	Step 3: Go for it! When you reach 300 points a \$100 Visa® prepaid card will be mailed to you!
Health Assessment	150	
Biometric Screening	100	But why stop there? Keep going! The following incentives are available for attaining different point levels: 400 points = additional \$50 incentive** 500 points = additional \$50 incentive** You have until October 31, 2015 to earn up to 500 points.
Step 2: Elective Activities — Build points to attain your 1st reward! 300 points = \$100 incentive	Point Values	
Chat by phone with a disease management coach (if deemed eligible)	100	
Flu Shot	75	
Participate in online coaching	50	
Age/Gender Appropriate Screening (annual well visit, mammogram, pap test, colon cancer screening, or prostate screening); each exam earns 25 points	25	
Participate in an online activity (i.e., track your steps, healthy eating, etc.)	25	

State Health Benefits for Active Employees

<http://www.state.nj.us/treasury/pensions/hb-active.shtml>

Rowan Medicine

Rowan Medicine provides expert health care in primary care and various specialty care disciplines. Our goal is to bring the best and most convenient health care available to you and your family.

Rowan Medicine Recommended Physicians Link

<http://www.rowanmedicine.com/>

Healthtrax Fitness & Wellness

www.healthtrax.com

-offers membership discount for Rowan employees and families

Kennedy Health & Wellness Center

405 Hurffville-Cross Keys Road, Sewell 856-582-2180

<http://www.rowan.edu/hr/benefits/files/Rowan%20University%20EWB%20Flyer%2012%2014.pdf>

<http://www.healthtrax.com/locations/washington-township>

Employee Advisory Service (EAS)

Employee Advisory Service (EAS) is a State sponsored program designed to help employees and their dependents with personal, family or work related issues that may adversely impact their work performance. EAS helps to restore the health and productivity of employees and the workplace as a whole. Problems are addressed in the quickest, least restrictive and most convenient manner while maximizing confidentiality and quality.

<http://www.state.nj.us/csc/employees/programs/advisory/eas.html>

Wellness Articles and Resources

<http://www.state.nj.us/csc/employees/programs/advisory/wellness.html>

Wellness Resources for employees on the Glassboro campus:

Rowan Rec Center

<http://www.rowan.edu/studentaffairs/rec/>

-located on Glassboro campus, #4 on this campus [map](#)

-hours

Gym:

Monday- Thursday: 6am - midnight

Friday: 6am - 10pm

Saturday: 8am - 8pm

Sunday: 9am - 11pm

Pool:

Monday - Friday: 6am - 9:30 am, 11:30am - 2pm, 5pm - 9pm

Saturday: 8am - 3pm

Sunday: 9am - 4pm

-Fall 2015 Class Schedule

<http://www.rowan.edu/studentaffairs/rec/classes/GFFall2015.pdf>

-Employee Membership Rates

Regular: Yearly: \$260, Semester: \$115, 3 Month: \$75

AM/Weekend Special: Yearly: \$210, Semester: \$95, 3 Month: \$65

(This membership restricts member's use of the facility to the hours of opening-11am, Monday thru Friday, and all hours on Saturday and Sunday.)

Wellness resources for employees at SOM:

The University Wellness Center

1 Medical Center Drive, Academic Center, 2nd Floor Stratford, NJ 08084

(student brochure but has info about the gym)

<http://www.rowan.edu/som/events/orientation/documents/GymWellnessCenterInformation.pdf>

-Wellness Center Programs

Includes lunchtime workout classes (12:15pm - 12:45pm), after work workout classes (5:15 pm - 6pm, and workout classes for people 50 and over)

<http://www.rowan.edu/som/events/eventlist.html>

Wellness resources for employees on the Camden/CMSRU campuses:

CMSRU Wellness Calendar of Events!

Contact Brittany Gottsch at 956-2785 for each month's calendar of events!

-In Camden → Pyne Poynt and Wiggins Waterfront Park

Workout on the Waterfront @ Wiggins

Every Wednesday 5:30-6:30 pm

\$5 per class, \$3 per class for Camden resident

http://www.camdenwaterfront.com/waterfront_events/workout_on_the_waterfront.php