Add more fun to your day and win great prizes with the Points to AhealthyU Game! Participate in AhealthyU programs and activities between September 6 - December 23, 2016 and collect stamps to redeem for prizes. Follow steps 1-3 below to get started.

1. **Create your personal wellness goal below.**
   
   My personal wellness goal is to:
   
   (Action) ______________________
   
   (Amount) ______________________
   
   (By Date) _____________________

2. **Receive stamps at AhealthyU programs.**
   
   Participate in AhealthyU programs or activities and ask for your stamp at each event. Place stamps in the numbered boxes on the right.

3. **Redeem stamps for prizes.**
   
   Collect stamps, choose your prize, then submit your stamped game sheet to the AhealthyU office* to redeem.

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**Name** ______________________________

**AU ID** ______________________________

**Email** ______________________________

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*Visit AhealthyU’s new office location at Gray Hall, Room 111. For more information email ahealthyu@american.edu or visit www.american.edu/Points.
Points & Prizes—Ways to Win

Start collecting stamps by participating in the programs and activities listed in the stamp awards chart below (stamp points are awarded per session). Prizes can be redeemed at the 10, 20, or 30 point level, while supplies last. To redeem your prize, submit your stamped game sheet to the AhealthyU office location at Gray Hall, Room 111. For more information visit www.american.edu/Points.

### Stamp Awards Chart

<table>
<thead>
<tr>
<th>Activities</th>
<th>Points</th>
<th>Activities</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>AhealthyU Recharge</td>
<td>1</td>
<td>From the Farmer†</td>
<td>1</td>
</tr>
<tr>
<td>Benefits and Wellness Fair</td>
<td>3</td>
<td>Group Fitness Class</td>
<td>1</td>
</tr>
<tr>
<td>Brown Bag Wellness Workshop</td>
<td>1</td>
<td>Health Assessment†</td>
<td>6</td>
</tr>
<tr>
<td>Cooking Demo</td>
<td>1</td>
<td>MOVE Fitness Challenge*</td>
<td>4</td>
</tr>
<tr>
<td>Couch to 5k*</td>
<td>4</td>
<td>Seated Massage</td>
<td>1</td>
</tr>
<tr>
<td>Farmers Market</td>
<td>1</td>
<td>Weight Watchers® at Work</td>
<td>1</td>
</tr>
<tr>
<td>Financial Education Session</td>
<td>1</td>
<td>Special Event‡</td>
<td>1</td>
</tr>
</tbody>
</table>

*These activities require participation throughout the duration of the programs; stamp points are awarded upon completion. †Email ahealthyu@american.edu to receive stamps for completing the Health Assessment or for receiving From the Farmer deliveries.‡AhealthyU will announce eligible events via Twitter @AUemployees, Facebook, and www.american.edu/points throughout the fall semester. For a full calendar of AhealthyU events visit www.american.edu/AhealthyU/Calendar.

Collect 10, 20, or 30 Stamps for Your Choice of:

- **10** (1) Pair of socks or a yoga block
- **20** (1) Lunch box or water bottle
- **30** (1) EagleBucks or Subway® lunch to share (both $30 value)

Look for the game logo on participating events!

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**Official Rules & Conditions**

1. Points to AhealthyU game sheets may be redeemed for prizes by American University full-time and adjunct faculty and full- and part-time staff.
2. Receive stamps by participating in AhealthyU and AhealthyU partner programs between September 6 - December 23, 2016. For the most current stamp awards chart visit www.american.edu/Points.
3. To receive your Points to AhealthyU prize, redeem the required number of stamps for the selected prize at the AhealthyU office in Gray Hall, Room 111.
4. Only one prize per redemption (e.g., if you are collecting a 30 point prize, you may not also collect a 10 or 20 point prize) and prizes are available while supplies last.
5. To collect additional prizes, simply start a new game sheet.
6. Completed Points to AhealthyU game sheets may be redeemed through January 31, 2017.
7. Prizes are subject to tax.
8. Stamps are non-transferrable, may not be issued retroactively, and completed game sheets are subject to verification.
9. AhealthyU does not share your personal information; all game sheets will be shredded upon redemption.