Westminster College Employee Wellness Program Points
Redemption*

Semester Full Locker = 800 points
Semester Half Locker = 400 points
1 Month Membership = 600 points
3 Month Membership = 1800 points
6 Month Membership = 3600 points
1 Year Membership = 7200 points
$15.00 Whole Food Gift Cards = 1000 points
Massage – 30 minutes = 1200 points – Westminster College – Marlene
1000 points for every $15 for an outside person
Acupuncture (initial session) = 4600 points
Personal Training = 1000 points
Nutrition Counseling = 2000 points
Exercise Ball = 600 points
Stretch Band = 200 points
Heart Rate Monitor = 2400 - 4000 points (depends on style chosen)
Pedometer = 200 - 800 points (depends on style chosen)
$20 Bookstore Bucks = 800 points
Westminster College Athletics Apparel = 500 - 2000 points (depends on desired item) = 1000 points for every $15.00.
Walking Stick = 400 points
Winter @ Westminster Nalgene Water Bottle = 400 points

*Being a new program it will be important to review point totals/redemption trends after the first year to make sure the points are meeting the goals of the program. Redemption points subject to change at the beginning of each semester.