



## WKU TopLife Incentive Reminders

- If you and your covered spouse/partner, if applicable, are enrolled in health benefits effective 1/1/2026, each is required to **complete the online Health Assessment** (formerly Vitality Health Review – VHR) **by 12/16/2025** and earn a minimum of 5,000 Vitality points by 9/1/2026. By completing the Health Assessment by December 29, 2025, you'll also earn **250 Vitality bonus points** for completing it within the first 90 days of the new program year!
- New hires and covered spouses/partners, if applicable, who enrolled in health benefits after open enrollment with benefits effective after 1/1/2026 through 5/31/2026, are required to **complete the online Health Assessment** (formerly Vitality Health Review – VHR) **by 9/1/2026** to fulfill your pledge.

## POSITIVELY PRESENT CHALLENGE



**Practice being more present, reducing stress and increasing your energy with new mindfulness techniques through the holiday!**

Make a commitment to prioritizing your physical, emotional and social wellbeing with the Positively Present challenge. Finding new mindfulness techniques can help to improve overall wellbeing, manage stress and improve resiliency.

### Register today!

Go to the “Challenge” tab in your Vitality account to **register by Monday, November 17.**

### What is Positively Present?

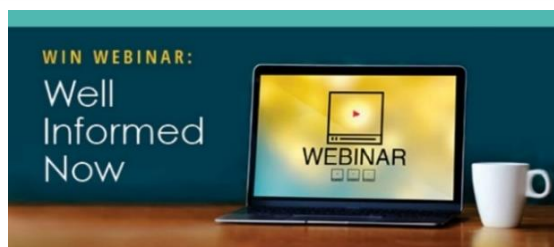
Positively Present runs **4 weeks, Nov. 17 – Dec. 14**, through the Thanksgiving holiday and final exams to help you remain accountable around your emotional, mental and social wellbeing – through busy times or even when off campus!

**Challenge goal:** Earn as many Vitality points as possible in 4 weeks centered around the following activities:

- *If you haven't already*, complete the Health Assessment (500 points) by Dec. 15 to meet a portion of your benefits pledge & earn 250 bonus points by completing it within 90 days of the program year = total of 750 points.
- *If you haven't already*, complete the Mental Wellbeing Assessment and earn 75 points.
- **BONUS POINTS OPPORTUNITY!** Look for weekly emails and an opportunity to complete a weekly progress survey demonstrating at least three out of five days of self-reflection each week to earn 100 points per week for up to 400 points.

### Questions

Email [Ingrid Isaacs](#), your program support manager.



The winter season can bring the magic of the holidays and opportunities for unique outdoor experiences. Winter also brings darkness, cold, and is a season of hibernation and doldrums for many. Learn more about the winter blues and seasonal affective disorder and gain tips for beating the winter blues!

### Beat the Winter Blues Webinar

**When:** Thursday, Nov. 13, 2025

**Time:** 12-12:30 pm ET/11-11:30 am CT

**Where:** [Register today](#) to join the webinar live on Webex and earn **50 Vitality points**. Note, a recording will not be available.



### New Preston Center Point Opportunities Webinar

**When:** Tuesday, Dec. 2, 2025

**Time:** 12-12:30 pm CT

**Where:** Block your calendar and join the webinar live on [Zoom](#) and earn **50 Vitality points**.



During the month of November, the sun continues to take a lower trajectory, meaning we have less daylight. For those of us in the northern hemisphere, it can be challenging to get outside during daylight hours. For some, the lack of exposure to daylight can affect their learning, sleep, and mood. While there continues to be ongoing studies researching the relationship between the role of light and how it affects the brain and cognitive functions, the consensus is that both daylight and electric light in the morning and during the daytime helps to facilitate health and wellness.

**This month let's focus on adding more light to our day.**

#### If you're short on time:

- Open window shades or blinds first thing in the morning.
- Go outside at lunch, even if it's just for a minute to feel the sunlight on your face.
- Sit near a window when having your morning coffee or during a break.
- Place a mirror on the walls opposite your workspace window to reflect and amplify natural light.

#### When you have more time to spare:

- Use the weekends to get outside during daylight hours.
- Add LED lighting that simulates natural light.
- Clean windows. Removing dust & dirt can significantly increase the amount of light passing through the glass.
- Try a sunrise alarm clock. These devices gradually increase light in your bedroom in the morning, simulating a sunrise to help wake you up more naturally.

To learn more about how lighting can affect our mood, click [here](#).

Scan the QR code or [click here](#) To earn Vitality points for reading This article.

