

2014 Workshop Madness FAQ

1. What is Workshop Madness?

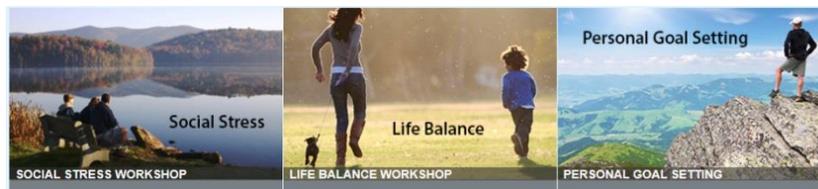
- a. Workshop Madness is a workshop series that allows you to choose 1 of 3 different workshops focusing on stress management and overall well-being. Each workshop takes 3 weeks to complete, with a total of 5 weeks to finish. Completion of this Workshop Madness challenge is part of the 2014 “One Life, Live it Well” Incentive Program and is the final opportunity to earn the 50-point wellness incentive.

2. What are the Workshop Madness completion requirements?

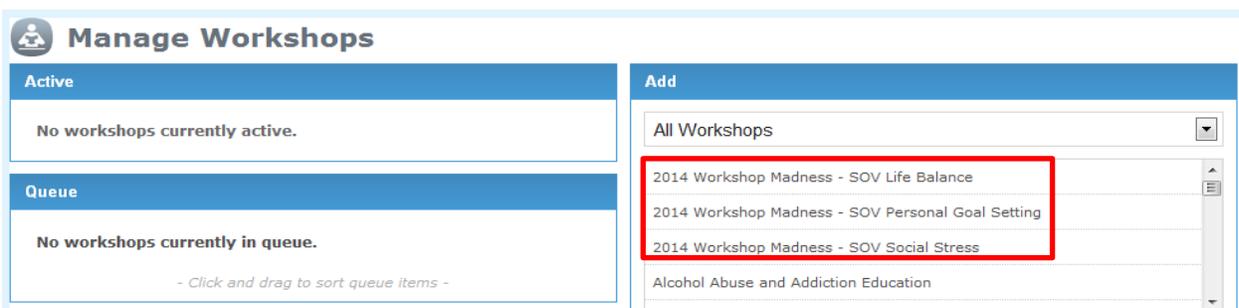
- a. Register for one of the “2014 Workshop Madness” – SOV workshops **NO LATER THAN** Sunday, November 9, 2104.
- b. Complete **ALL** of the weekly tasks found in your “My To Do List” on your dashboard.
- c. All tasks must be completed by Sunday, November 30, 2014 to be eligible for wellness incentives. **Important:** Tasks appear one week at a time. It will take 3-weeks to complete your chosen workshop.

3. How do I register for a workshop?

- a. Registration begins on Tuesday, October 28, 2014. You **MUST** register for a workshop by Sunday, November 9, 2014 to meet completion requirements.
- b. Click on one of the workshop images on the top of your “Dashboard



- c. Under the “Add” box, select **ONE** of the “2014 Workshop Madness ”workshops below:
 - i. SOV Life Balance
 - ii. SOV Social Stress
 - iii. SOV Personal Goal Setting



Manage Workshops

Active
No workshops currently active.

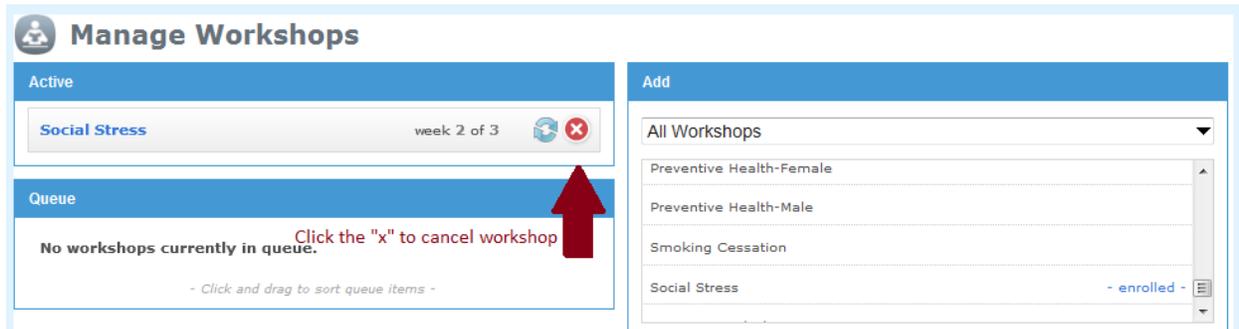
Queue
No workshops currently in queue.
- Click and drag to sort queue items -

Add

All Workshops

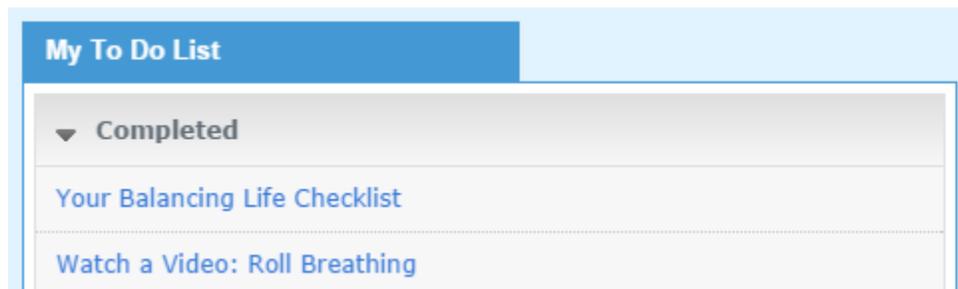
- 2014 Workshop Madness - SOV Life Balance
- 2014 Workshop Madness - SOV Personal Goal Setting
- 2014 Workshop Madness - SOV Social Stress
- Alcohol Abuse and Addiction Education

4. **How do I unregister from a workshop?** Only one workshop can be taken at a time. If you are currently enrolled in another workshop, you must discontinue the workshop, and then select one of the “2014 Workshop Madness” SOV workshops offered.
- Click on one of the workshop images at the top of your dashboard.
 - Your current workshop will be listed under the “Active” tab.
 - Click on the red “x” icon. This will discontinue your current workshop. You can always add this workshop to your “queue” if you’d like to complete it at a later date.
 - Follow steps from question #2 to register for one of the SOV workshops.



5. **How do I complete a workshop?**

- Complete **ALL** tasks listed under your “My To Do List” for ALL 3 weeks of the workshop.
- Tasks must be completed by Sunday, November 30, 2014 to be eligible for wellness incentives. Important: Tasks appear 1 week at a time. It will take 3 weeks to complete your chosen workshop.
- Once a task is complete, it will show up under “Completed” in your “My To Do List”.



6. **What is the [2014 “One Life, Live it Well” Incentive Program](#)**

- Earn 50 points/\$50* incentive by completing **ONE** LiveWell Vermont challenge between April and December, 2014. Completion requirements vary with each challenge.
- Earn 50 points/\$50* incentive by completing the LiveWell Vermont online Personal Health Assessment between April and December of 2014.

* Eligible Employees: Active VT State Employees covered with BCBSVT/SOV Insurance.

* Username: To be eligible for incentives, your username to login in the LiveWell Vermont portal **MUST** be your employee ID#.

* Payouts: Awarded on a quarterly basis and deposited directly into your pay statement as “Wellness Incentive.” Must be an active state employee at the time of payout.