

The Commitment Engagement option

Commitment to Family or Community allows you to earn the Engagement incentive* by completing a planned action (or set of actions) that fosters the health and well-being of others.

Choose from this list of suggested actions (or commit to an action of your own creation):

Family commitments

- Making healthy dinners at home with your family
- Planning active family outings, such as hikes and bike rides
- Managing a family member's chronic illness or injury
- Developing a plan for pregnancy nutrition and doctor communication to improve outcomes for mother and baby
- Creating a plan for life after retirement, including establishing hobby and travel goals, maintaining social connectedness, completing Advanced Directives and a Will or Living Trust

Community commitments

- Volunteering at a local organization
- Taking an active role in your child's school
- Starting a walking group in your neighborhood
- Advocating for health-related legislation
- Supporting Stanford's contribution to the [100 Million Lives campaign](#)

* *The Engagement incentive, \$260, is for employees only and must be preceded by completion of the [SHALA](#) and the [Wellness Profile](#), per [program deadlines](#). Learn more about all four [Engagement options](#). The 6-10-hour Commitment Engagement includes writing a first reflection, pursuing the planned action(s), and writing a final reflection reviewed by our staff.*

