Wellness Program
Participation Requirements

Complete the following requirements before July 1, 2022:

**COVID-19 Vaccination**
If you have already received the vaccine, you have met this requirement. Please check your WellU tracker to confirm this activity has been reported: [www.hr.utah.edu/benefits/wellu_complete.php](http://www.hr.utah.edu/benefits/wellu_complete.php)

Employees who need a medical, religious, or personal accommodation must contact HR at HRACCOMMODATIONS@utah.edu for an alternative requirement.

**General Health Assessment**
Sign into your account at [www.Regence.com](http://www.Regence.com) and complete the online General Health Assessment.

- If you have completed the GHA at any time since July 1, 2020, you have met this requirement.
- From your Regence dashboard, click the Regence Empower button (on the top of the page, under Programs & Resources) or Regence Empower banner (by scrolling down).
- Complete the communication preferences page (if prompted).
- Click “Get Started Now” and “Start Assessment” to begin your Health Assessment.

**Three WellU Wellness Activities**
Complete three different WellU Wellness Activities

- Health care provider options include an annual physical exam, dental cleaning and exam, flu shot, preventive screenings, and dental cleaning and exam.
- Other options include authorized department programs and services offered by our University community partners, Campus Recreation Services, PEAK Health & Fitness, and the Office of Wellness & Integrative Health.

**WellU Wellness Activities**

- **Campus Recreation Services – Eccles Student Life Center**
  
  *Campus Recreation membership required – employee pays fitness class fees.*
  
  - Work out or take a fitness class and tap your ID card when you access the facility.
  - The first six taps on different days will count as completion of one Wellness Activity (only one Wellness Activity may be completed this way).

**Office of Wellness & Integrative Health Services**

*WellU will pay the cost (all or part as shown) of two services (excluding fitness classes, which employees pay in full).*

  - Quarterly Wellness Challenges on Walker Tracker
    [https://employeewellness.utah.edu/wellness-challenges/](https://employeewellness.utah.edu/wellness-challenges/)
  - PEAK Health & Fitness
    [https://www.hr.utah.edu/benefits/peak.php](https://www.hr.utah.edu/benefits/peak.php)
- Bod Pod Body Composition Measurement (Employee pays $15)
- Fitness Assessment (employee pays $30)
- Fitness Classes (employee pays class fees)
- Health and Wellness Coaching
- Focused Nutrition Consultation
- Nutrition Workshops (Variety of topics)
- Personal Training/Exercise Prescription

Evidence-Based Programs
(Through June 2022, an employee’s spouse or domestic partner is also eligible for subsidized rates)
- Build-a-Bone (participant pays $100)
- Everyday Mindfulness (participant pays $25)
- Intensive Lifestyle Program (participant pays $99 – in person / $25 virtual class)
- Intuitive Eating Program (participant pays $50)
- Mindfulness-Based Stress Reduction (participant pays $100)
- National Diabetes Prevention Program (participant pays $50)

Departmental Wellness Challenges
- Programs must be pre-approved by the Office of Wellness & Integrative Health – use the [https://www.hr.utah.edu/forms/lib/Department_Program.pdf](https://www.hr.utah.edu/forms/lib/Department_Program.pdf) or contact the Office of Work Wellness & Integrative Health at Wellness@utah.edu to discuss options.
- The program must be designed to increase the health and well-being of participants;
- The program must include a series of activities over at least a 6-week period; and
- Departments must designate a wellness coordinator to track participation and report the name and ID number of each employee who completes the requirements to Wellness@utah.edu at the conclusion of the program.
- Potential examples include: step counting, departmental mindfulness offering and practices, scheduled movement breaks, and much more.

Health Care Provider Options
Obtain these services from a health care provider of your choice – they must be billed through the health plan to receive credit for completion of the option.
- Annual Physical Exam
- Cervical Cancer Screening
- Mammogram
- Osteoporosis Screening
- Flu Shot (Flu shots at Employee Appreciation Day flu clinic, RedMed, Department Clinics, and Employee Health and Wellness Center count toward this requirement, even though they are not billed through the health plan)
- Prostate Cancer Screening
- Colonoscopy
- Dental Cleaning and Exam
  Visit your dentist for a cleaning and exam.
  - University of Utah School of Dentistry clinics: your coinsurance for a basic cleaning and exam will be waived if you are seen at one of the UofU clinics. To schedule, call 801-58-SMILE.
  - ValueCare Network Providers: you will be responsible for your coinsurance.

Wellness completions must be reported through Regence, participating University departments, or our University Community Partners. Completions cannot be self-reported by individual employees.
Please allow 6 to 8 weeks from the date of service for reporting of completions and regular processing. Timely completions reported after July 1, 2022 may result in a delay in receiving the discount (the discount will be applied when the timely completion is reported), no retro discounts will be provided. Employees are encouraged to complete the WellU requirements as early as possible to avoid any delays in application of the discount for the 2022/2023 Plan Year.

Visit [www.hr.utah.edu/benefits/wellu.php](http://www.hr.utah.edu/benefits/wellu.php) for more information.