



Wellness Program Participation Requirements

Complete the following requirements before July 1, 2021:

General Health Assessment

Sign into your account at www.Regence.com and complete the online General Health Assessment.

- 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 Wellness Activities (see reverse side for options).

- Health care provider options include an annual physical exam, flu shot, preventive screenings, and dental cleaning and exam (**New!** Dental cleaning and exam will count as an optional Activity for the 2020/2021 Year).
- Other options include authorized department programs and services offered by our University community partners, Campus Recreation Services, PEAK Health and Fitness, and the quarterly wellness challenges through University Wellness and Integrative Health.

Wellness completions must be reported through Regence, participating University departments, or our University Community Partners.

Please allow 6 to 8 weeks from the date of service for regular processing and reporting of completions.

Timely completions reported after July 1, 2021 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 2021/2022 Plan Year.

WellU Wellness Activities

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
- 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.
- Cervical Cancer Screening
- Mammogram
- Osteoporosis Screening
- Prostate Cancer Screening
- Colonoscopy
- Flu Shot (*Flu shots at Employee Appreciation Day flu clinic, RedMed, and Employee Health and Wellness Center count toward this requirement, even though they are not billed through the health plan*)

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.

PEAK Health & Fitness

<https://www.hr.utah.edu/benefits/peak.php>

WellU will pay the cost (all or part as shown) of two PEAK Health & Fitness options (excluding fitness classes). Employee pays fitness class fees and partial fees as shown. Only two activities completed through PEAK will count toward the WellU requirements.

- Intensive Lifestyle Program (*Employee pays \$99 – in person / \$25 virtual class*)
- Everyday Mindfulness (*Employee pays \$25*)
- Mindfulness-Based Stress Reduction (*Employee pays \$100*)
- Build-a-Bone (*Employee pays \$100*)
- 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

University Wellness and Integrative Health

<https://employeewellness.utah.edu/wellness-challenges/>

- Quarterly wellness challenges

Department Programs

University departments can sponsor a Wellness Activity. Departments can coordinate programs on their own, or PEAK Health & Fitness can coordinate programs for departments and/or act as wellness coordinators. Programs must be pre-approved by UHRM – use the [Department Program Form](#).

- The program must be designed to increase the health and well-being of participating employees;
- 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 completed the program requirements to UHRM at the conclusion of the program.
- Potential examples include: departmental wellness challenge including step counting, departmental mindfulness offering and practices, scheduled movement breaks, and much more.

For more information on PEAK department program options and costs, call 801-585-7325.