WellU Wellness Program
Department Program Application

WellU requirements must be completed and completions must be reported before July 1, 2022.

Use this form for a Department Program that will be coordinated and run through your department. If you use PEAK Health & Fitness to coordinate and run your program, you do not need to complete this form.

Submit your completed application by email to WellU@utah.edu or fax it to (801) 585-7375

Please provide a detailed summary of your proposed program, the timeline for the program (at least 6 weeks), and how it will increase the health and well-being of participating employees:

What are the minimum requirements an employee must meet to receive WellU credit for participation:

Department Wellness Coordinator who will 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:

Name:
eMail and Phone:

For information on PEAK costs, call 801-585-7325.