Wellness Program 2019 Plan Year

PROGRAM REQUIREMENTS

To participate in the WellU Program during the 2019 Plan Year (7/1/2019 through 6/30/2020), you must complete the program requirements before July 1, 2019.

Annual Physical or Wellness Exam
Talk with your provider about appropriate preventive screenings.

One WellU Wellness Activity
See options below

General Health Assessment
Complete the assessment at least one time between July 1, 2016 and June 30, 2019

Dental Cleaning and Exam
Visit your dentist for a cleaning and exam.
Your coinsurance for these two procedures will be waived if you are seen at one of the University of Utah School of Dentistry clinics. To schedule, call 801-58-SMILE. Otherwise, see another participating dentist (go to www.Regence.com and look for ValueCare Network providers); you will be responsible for your coinsurance.

WellU Wellness Activities (Continues on page 2)

Health Care Provider
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.

Flu Shot
Employee Appreciation Day flu clinic, RedMed, Employee Health and Wellness Center count toward this requirement.

Cervical Cancer Screening
Mammogram
Osteoporosis Screening
Prostate Cancer Screening
Colorectal Cancer Screening

Campus Recreation Services
Campus Recreation membership required – employee pays fitness class fees

Pretraining Assessment
The assessment will measure resting blood pressure/heart rate, cardiovascular endurance, muscular strength and endurance, flexibility, and body composition

Work out or take a fitness class
Work out at the new Eccles Student Life Center and tap your ID card when you access the facility. The first six taps on different days will count as completion of one participation option. Fitness classes include Ballet Barre, Boot Camp, Cycling, Pilates, TRX, Turbokick, Yoga, and Zumba.

PEAK Health, Fitness and Wellness
Employee pays fitness class fees and one-half of other fees as shown

Bod Pod Body Composition Measurement
(Employee pays $15)
Provides precise body composition measurement quickly and comfortably, includes a brief consultation with a PEAK professional to explain results.

Fitness Assessment
(Employee pays $30)
A series of measurements that help determine physical fitness including the following: cardiovascular fitness, flexibility and strength.

Fitness Classes (Employee pays class fees.)
Classes include Aquatone, Bootcamp, Circuit Training, Core Training, Express Classes, Functional Fitness, Indoor Cycling, Pilates Mat, Running Speed Work, Stretch and Strength, Swimming for Fitness, Weight Training, and Yoga.

Health and Wellness Coaching
Coaches assist in optimizing your health with evidenced-based lifestyle solutions tailored to your needs such as time and stress mgmt., weight maintenance or loss, etc.

Visit www.hr.utah.edu/benefits/wellu.php for more information.
WellU Wellness Activities (Continued from Page 1)

PEAK Health, Fitness and Wellness (Cont.)

Focused Nutrition Consultation
General and preventive nutrition information, plus several specialty areas including family/child health and nutrition, sports nutrition, hypertension control, cholesterol lowering, weight loss and maintenance, cardiovascular nutrition, bone health, diabetes management, and others, personalized to your health needs. Includes Resting Metabolic Rate measurement.

Nutrition Workshops (Variety of topics)
Personal Training/Exercise Prescription
Individualized exercise program tailored to meet your goals and your health and fitness needs; may include weight loss and maintenance, functional fitness, strength training, aerobic and anaerobic conditioning, and sports specific training.

University Wellness and Integrative Health

Real Life Challenge
Participate during the six-week challenge and complete at least one-half of the program (post 21 of the 42 days)

WellU will pay the cost (all or one-half as shown) of one PEAK Health, Fitness and Wellness option (excluding fitness classes). For Campus Recreation Services activities a membership is required.

**Please allow 6 to 8 weeks from the date of service for regular processing and reporting of WellU completions. All completions must be reported by Regence or the community partner. Timely completions reported after July 1, 2019 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.

Rules for Employees Newly Enrolled in the University’s Employee Health Care Plan:
Enrolled July 1, 2018 through December 31, 2018: Complete the General Health Assessment (GHA) to participate and receive the discount for the remainder of the current Plan Year. To participate and receive the discount for the upcoming Plan Year beginning July 1, 2019, all 2019 Plan Year requirements must be completed before July 1, 2019.

Enrolled January 1, 2019 through March 31, 2019: Complete the GHA to participate and receive the discount for the remainder of the current Plan Year. To participate and receive the discount for the upcoming Plan Year beginning July 1, 2019, an annual physical or wellness exam and dental cleaning and exam are required before July 1, 2019.

Enrolled April 1, 2019 through June 30, 2019: Complete the GHA to participate and receive the discount for the remainder of the current Plan Year, as well as the next Plan Year (through June 30, 2020).

WellU Community Partners:

Campus Recreation Services
Eccles Student Life Center
1836 Student Life Way
Salt Lake City, Utah 84112
801-581-8898

PEAK Health, Fitness and Wellness
250 S. 1850 E. (HPER East 217)
Salt Lake City, UT 84112
801-585-7325

295 Chipeta Way
Salt Lake City, Utah 84108
801-213-3777

RedMed Employee Health Clinic
Union Building, Ground Floor
801-213-3303
Email: RedMed@utah.edu

University Human Resource Management
250 East 200 South, Suite 125, Salt Lake City, Utah 84111
Hours: 8:00 am - 5:00 pm, Monday-Friday
Phone: (801) 581-7447 / Fax: (801) 585-7375
Email: benefits@utah.edu / Web: www.hr.utah.edu/benefits
UBenefits: https://hr.apps.utah.edu/ubenefits

Visit www.hr.utah.edu/benefits/wellu.php for more information.