Wellness Program
Participation Requirements

Following the Supreme Court’s decision striking down the OSHA requirement that all employees be vaccinated against COVID-19, the University will change the WellU requirements to include the COVID-19 vaccine (or training) as an optional Wellness Activity instead of a requirement.

Check the WellU Completions Tracker to see the activities you still need to complete. Go to www.hr.utah.edu/benefits/wellu_complete.php and log in to see checkmarks for the activities you have completed.

Be Healthier, Feel Better, Save Money!
University employees who complete the WellU requirements receive a discount on their cost of enrollment in the University’s Employee Health Care Plan of up to $40 per month. If the rate is less than $40 per month, WellU participants will pay $0. If you have questions about the WellU program please contact Human Resources at (801) 581-7447 or email WellU@utah.edu.

Complete the following requirements before July 1, 2022:

**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.

**Four Different WellU Wellness Activities**

**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/Wellness 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
  - University of Utah School of Dentistry clinics: your coinsurance for a basic cleaning and exam will be waived if you are seen by a dental student or resident at one of the UofU clinics. Dental services performed by faculty at the School of Dentistry and any radiographs, periodontally-involved cleanings and other services will have a coinsurance. To schedule, call 801-58-SMILE.
  - ValueCare Network Providers: you will be responsible for your coinsurance for all services.
COVID-19 Vaccination received any time prior to July 1, 2022
COVID-19 vaccinations billed through the health plan have been uploaded to the WellU Completions Tracker. If administration of your COVID-19 vaccination was not billed through the health plan (for example, if you received your vaccine through the Utah Department of Health), please certify your vaccination status online. Log into CIS by going to https://portal.app.utah.edu/. Click on the “Vaccination” tile under the “Employee” section, then click the “+” button to add your vaccination information.

As an alternative to receiving the COVID-19 Vaccination, complete the COVID-19 and Vaccine Safety Training at https://utah.bridgeapp.com/learner/courses/a06315d8/enroll.

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 below) of two services (excluding fitness classes).

Quarterly Wellness Challenges on Walker Tracker
https://employeewellness.utah.edu/wellness-challenges/

PEAK Health & Fitness
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 available through PEAK
(Through June 2022, an employee’s spouse or domestic partner is also eligible for subsidized rates without WellU Credit)
- 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 form online at www.hr.utah.edu/forms/lib/Department_Program.pdf or contact the Office of 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.

Wellness completions must be reported through Regence, participating University departments, or our University Community Partners. Completions other than the COVID-19 vaccine cannot be self-reported by individual employees.

Please allow 6 to 8 weeks from the date of service for regular processing and reporting of completions. Activities completed prior to July 1 and 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. You are encouraged to complete the WellU requirements as early as possible to avoid any delays in application of the discount.

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