Wellness Program 2015 Plan Year

PROGRAM REQUIREMENTS

To participate in the WellU Program during the 2015 Plan Year (7/1/2015 through 6/30/2016), you must complete the program requirements prior to June 30, 2015.

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

Two WellU Wellness Activities
Complete any two different WellU Wellness Activities prior to June 30, 2015. (See below)

New Employees hired January 1 through March 31, must 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, 2015, an annual physical or wellness exam is required on or before June 30. New Employees hired April 1 through June 30, must 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, 2016).

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.

Dental Cleaning and Exam
Flu Shot
Employee Appreciation Day flu clinic and flu clinics arranged through/reported by your department will count toward this requirement.

Cervical Cancer Screening (women)
Mammogram (women)
Osteoporosis Screening (women)
Prostate Cancer Screening (men)
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.

Continuing Education
Visit www.continue.utah.edu/wellu for a complete list of eligible classes or to register for classes.

Lifelong Learning
Classes include Pilates, Yoga, Acupressure, Meditation Sampler, Nutrition 101, and many more

Academic Noncredit
Classes include Ballet, Swimming, Cycling, Crossfit, Tennis, and many more

(Employees must pay any fees required for each class or workshop. To receive WellU credit, you must notify your instructor on the first day of class that you are participating in the WellU program. You will need to attend classes at least 6 times, and sign the roll each class session or make sure the instructor is taking attendance. Complete two three-session classes to receive credit for completion of one participation option. Full-time employees may qualify for tuition reduction for Continuing Education Classes. Credit will be given at the end of the class or workshop if attendance requirements have been met.)

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

**PEAK Health and Fitness**

**Employee pays fitness class fees**

**Bod Pod Body Composition Analysis**
Provides precise body composition measurement quickly and comfortably, includes a brief consultation with a PEAK professional to explain results

**Nutrition Consultation**
An evaluation of your current diet and physical activity, and individualized recommendations

**Personal Training**
Individualized exercise program and one-on-one guidance from an educated fitness professional

**Two-session Workshops**
Healthy Nutrition for Busy Lives, Move more – Ways to Decrease Sedentary Time, and Stress Management

**Health and Wellness Mentor**
Will assist you in optimizing your health with evidenced-based lifestyle solutions tailored to your desires whether it is time and stress management, weight maintenance or loss, or specific goal setting

**Fitness Classes**
Classes include Aquatone, Bootcamp, Circuit Training, Core Training, Express Classes, Functional Fitness, Indoor Cycling, Pilates Mat, Running Speed Work, Stretch & Strength, Swimming for Fitness, Weight Training, and Yoga

**Nutrition Class** (Variety of topics)

**Resting Metabolic Rate Measurement**
RMR reveals how many calories your body burns at rest (Available only through June 30, 2015)

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**University Health and Wellness Center**

**Weight Management Consultation**
Work with a dietitian to develop a strategy to safely meet your weight loss goals; includes in-depth analysis of 3-day diet record, individualized diet plan for successful weight loss, and goal setting relative to weight loss

**Fitness Assessment**
A series of measurements that help determine physical fitness including the following: cardiovascular fitness, flexibility, strength, and body composition

**Health Coaching**
Coaches work with individuals who wish to adopt lifestyle changes that will help them reach their short- and long-term goals

**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

**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

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You may choose any two (2) different Campus Recreation, PEAK Health and Fitness or University Health and Wellness Center options at no cost (excluding fitness classes). For Campus Recreation Services activities a membership is required. If you choose one or two of the Health Care Provider options to receive the discount, your spouse or dependent over age 18 may use one or both of your remaining community partner options. Use of the community partner options by your spouse or dependent will not count as completion of a participation option for the WellU Program.

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

**Continuing Education**
www.continue.utah.edu/welliu  
1901 E South Campus Dr. #1215  
Salt Lake City, UT 84112  
801-581-6461

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

**UUHC Health & Wellness Center**
295 Chipeta Way  
Salt Lake City, Utah 84108  
801-213-3777

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