Wellness Program 2016 Plan Year

PROGRAM REQUIREMENTS

To participate in the WellU Program during the 2016 Plan Year (7/1/2016 through 6/30/2017), you must complete the program requirements prior to June 30, 2016.

- 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, 2016. (See below)

New Employees hired January 1, 2016 through March 31, 2016 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, 2016 through June 30, 2016 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.)
WellU Wellness Activities (Continued)

PEAK Health and Fitness and University Health and Wellness Center

Employee pays fitness class fees

A Mindfulness Approach to Work/Life Balance
Come learn effective coping tools for navigating the responsibilities of different life roles as well as techniques for managing stress and anxiety. This is a six week, 1 hour per week workshop. Dates TBA.

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

Diabetes Prevention Program
Are you at risk for diabetes? Come join a group of your peers for an evidence-based 16-visit, 12 month education and lifestyle modification program for staff and faculty. Multiple locations available. Dates TBA (Employees must pay fees required for the program.)

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

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. (Employees must pay any fees required for fitness classes.)

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.

Health and Wellness Coaching
Coaches 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.

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.

Weight Management Consultation
Work with a dietitian to develop a strategy to safely meet your weight loss goals; includes in-depth analysis of 1-day diet record, individualized diet plan for successful weight loss, and goal setting relative to weight loss. Includes Resting Metabolic Rate measurement.

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/wellu
1901 E South Campus Dr. #1215
Salt Lake City, UT 84112
801-581-6661

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/wellu.php for more information.