Wellness Program 2017 Plan Year

Complete these requirements before July 1, 2017 to participate in the WellU Program during the next plan year (7/1/2017 through 6/30/2018).

PROGRAM REQUIREMENTS

Complete July 1, 2016 – June 30, 2017

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

Dental Cleaning and Exam
See your dentist for a cleaning and exam. You will pay your coinsurance amount. Find participating dentists at www.Regence.com, look for ValueCare Network providers.

One WellU Wellness Activity
Complete one WellU Wellness Activity prior to July 1, 2017. (See options below)

General Health Assessment
Log in to www.Regence.com and complete the online General Health Assessment between July 1, 2016 and June 30, 2017.

WellU Wellness Activities (Continues on page 2)

Health Care Provider Services
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.

Cervical Cancer Screening
Mammogram
Osteoporosis Screening
Prostate Cancer Screening
Colorectal Cancer Screening
Glaucoma Screening
Skin Cancer Screening

Flu Shot
Employee Appreciation Day flu clinic, RedMed, Employee Health and Wellness Center and flu clinics arranged through and reported by your department will count toward this requirement.

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 or take a fitness class at the 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 Wellness Activity. Fitness classes include Ballet Barre, Boot Camp, Cycling, Pilates, TRX, Turbokick, Yoga, and Zumba.

Visit www.hr.utah.edu/benefits/wellu.php for more information.
PEAK Health, Fitness and Wellness

Employee pays fitness class fees

**Bod Pod Body Composition Measurement**

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

**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. 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 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.

Through June 30, 2017, two (2) PEAK Health, Fitness and Wellness options are available at no cost (excluding fitness classes). For Campus Recreation Services activities, a membership is required. If you choose one 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 PEAK options. Use of the options by your spouse or dependent will not count as completion of a Wellness Activity for the WellU Program.

**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. For completion reports received after July 1, 2017, discounts will be effective when the timely completion is reported – no retro discounts will be provided.

New Employees enrolled in the health plan July 1, 2016 through December 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, 2017, all 2017 Plan Year requirements must be completed before July 1, 2017.

New Employees enrolled in the health plan January 1, 2017 through March 31, 2017 must 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, 2017, an annual physical or wellness exam and dental cleaning and exam are required before July 1, 2017.

New Employees enrolled in the health plan April 1, 2017 through June 30, 2017 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, 2018).

**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

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