PROGRAM REQUIREMENTS

To participate in the WellU Program during the 2018 Plan Year (7/1/2018 through 6/30/2019), you must complete the program requirements before July 1, 2018.

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, 2018. (See options below)

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 and flu clinics arranged through and reported by your department will 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.

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. If you choose one of the Health Care Provider options to receive the discount, your spouse or dependent over age 18 may use your PEAK option. Use of the option 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 timely completion reports received after July 1, 2017, discounts will be effective 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, 2017 through December 31, 2017:** 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, 2018, all 2018 Plan Year requirements must be completed before July 1, 2018.

**Enrolled January 1, 2018 through March 31, 2018:** 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, 2018, an annual physical or wellness exam and dental cleaning and exam are required before July 1, 2018.

**Enrolled April 1, 2018 through June 30, 2018:** 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, 2019).

**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 E 200 S, 16th Floor, Salt Lake City, UT 84106
Phone: (801) 581-7447 / Fax: (801) 585-7375 / Email: benefits@utah.edu

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