



WellU Wellness Program

Department Program Application

WellU requirements must be completed and completions must be reported before July 1, 2023.

Use this form for a Department Program that will be coordinated and run through your department. *If you use the Office of Work Wellness & Integrative Health to coordinate and run your program, you do not need to complete this form.*

Submit your completed application by email to Wellness@utah.edu.

Please provide a detailed summary of your proposed program, the timeline for the program (at least 6 weeks), and how it will increase the health and well-being of participating employees:

What are the minimum requirements an employee must meet to receive WellU credit for participation:

Department Wellness Coordinator who will track participation and report the name and ID number of each employee who completed the program requirements to the Office of Wellness & Integrative Health at the conclusion of the program:

Name:

eMail and Phone: