



Wellness Program

Participation Requirements

Be Healthier, Feel Better, Save Money!

University employees who complete the WellU requirements receive a discount on their cost of enrollment in the University's Employee Health Care Plan of up to \$40 per month. If the rate is less than \$40 per month, WellU participants will pay \$0. If you have questions about the WellU program please contact Human Resources at (801) 581-7447 or email WellU@utah.edu.

Log into the WellU Completions Tracker at www.hr.utah.edu/benefits/wellu_complete.php to see checkmarks for the activities you have completed.

*Wellness completions must be reported through Regence, participating University departments, or our University Community Partners. Please allow 6 to 8 weeks from the date of service for regular processing and reporting of WellU completions. **Timely completions reported after July 1, 2023 may result in a delay in receiving the discount (the discount will be applied 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 for the 2023/2024 Plan Year.*

Complete the following requirements **before July 1, 2023:**

General Health Assessment

Sign into your account at www.Regence.com and complete the online General Health Assessment.

- All participants must complete the GHA between July 1, 2022 and June 30, 2023.
- From your Regence dashboard, scroll down and click the Regence Empower button.
- Complete the communication preferences page (if prompted).
- Click "Get Started Now!" to begin your Health Assessment.

Dental Cleaning and Exam

Visit your dentist for a cleaning and exam.

- University of Utah School of Dentistry clinics: your coinsurance for a basic cleaning and exam will be waived if you are seen at one of the UofU clinics. Dental services performed by faculty at the School of Dentistry and any radiographs, periodontally-involved cleanings and other services will have a coinsurance. To schedule, call 801-58-SMILE.
- ValueCare Network Providers: you will be responsible for your coinsurance.

Three WellU Wellness Activities

Complete three different Wellness Activities (see reverse side for options).

- Health care provider options include an annual physical/wellness exam, flu vaccination, COVID vaccination, and various preventive screenings.
- Other options include authorized department programs and services offered by our University community partners: Campus Recreation Services, PEAK Health & Fitness, Red Butte Garden, and the Office of Wellness & Integrative Health.

WellU Wellness Activities – Complete three different options

Health Care Provider Options

Obtain these services from a health care provider of your choice – services must be billed through the health plan to receive credit for completion of the option.

- Annual Physical/Wellness Exam (*now offered at RedMed*)
- Cervical Cancer Screening
- Mammogram
- Osteoporosis Screening
- Prostate Cancer Screening
- Colonoscopy
- Flu Shot (*Flu shots at Employee Appreciation Day flu clinic, RedMed, Department Clinics, and Employee Health and Wellness Center count toward this requirement*)

Campus Recreation Services – Eccles Student Life Center

Campus Recreation membership required – employee pays fitness class fees.

- Work out or take a fitness class 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.

Red Butte Garden

Employees have free access to Red Butte Garden!

- Check in at the front desk for WellU credit and take a relaxing stroll or aerobic walk through the garden.
- The first six check-ins on different days will count as completion of one Wellness Activity.

Office of Wellness & Integrative Health Services

WellU will pay the cost (all or part as shown below) of two services (excluding fitness classes).

Quarterly Wellness Challenges on Walker Tracker

<https://employeewellness.utah.edu/wellness-challenges/>

PEAK Health & Fitness

<https://www.hr.utah.edu/benefits/peak.php>

- Bod Pod Body Composition Measurement (*employee pays \$15*)
- Fitness Assessment (*employee pays \$30*)
- Fitness Classes (*employee pays class fees*)
- Health and Wellness Coaching
- Focused Nutrition Consultation
- Nutrition Workshops (*Variety of topics*)
- Personal Training/Exercise Prescription

Evidence-Based Programs

(Through June 2023, an employee's spouse or domestic partner is also eligible for subsidized rates without WellU Credit)

- Build-a-Bone (*participant pays \$100*)
- Everyday Mindfulness (*participant pays \$25*)
- Intensive Lifestyle Program (*participant pays \$99 in person / \$25 virtual class*)
- Intuitive Eating Program (*participant pays \$50*)
- Mindfulness-Based Stress Reduction (*participant pays \$100*)
- National Diabetes Prevention Program (*participant pays \$50*)

Department Wellness Challenges

Programs must be pre-approved by the Office of Wellness & Integrative Health – use the form online at

www.hr.utah.edu/forms/lib/Department_Program.pdf or contact them at Wellness@utah.edu to discuss options.

- The program must be designed to increase the health and well-being of participants;
- The program must include a series of activities over at least a 6-week period; and
- Departments must designate a wellness coordinator to track participation and report the name and ID number of each employee who completes the requirements to Wellness@utah.edu at the conclusion of the program.
- Potential examples include: step counting, departmental mindfulness offering and practices, scheduled movement breaks, and much more.