



# 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](mailto:WellU@utah.edu).

**Log into the WellU Completions Tracker at [www.hr.utah.edu/benefits/wellu\\_complete.php](http://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, 2024 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 **2024/2025 Plan Year.***

Complete the following requirements **before July 1, 2024:**

### General Health Assessment

Sign into your account at [www.Regence.com](http://www.Regence.com) and complete the online General Health Assessment.

- All participants must complete the GHA between July 1, 2022 and June 30, 2024.
- 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. Effective July 1, 2023, two annual basic dental cleanings and exams are covered by the health plan at 100%.

### 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 OSHER Center for Integrative Health.

## WellU Wellness Activities – Complete three different options

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### 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 are included*)
- COVID Vaccination or Booster

### Campus Recreation Services – Eccles Student Life Center

Campus Recreation membership required – employee pays fitness class fees.

#### Eccles Student Life Center

- 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.

#### Fit 3d Body Scan - [campusrec.utah.edu/fit3d/](https://campusrec.utah.edu/fit3d/)

- Body composition metrics, such as body fat, circumference measurements, posture analysis and more - uses a specialized algorithm based on DEXA measurements.
- WellU covers the cost of one scan.

### 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.

### OSHER Center for Integrative Health at University of Utah

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

#### PEAK Health & Fitness – <https://healthcare.utah.edu/integrative-health/staff-employees/well-u>

- 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 \$50*)
- Intensive Lifestyle Program (*participant pays \$25*)
- Intuitive Eating Program (*participant pays \$50*)
- Mindfulness-Based Stress Reduction (*participant pays \$125*)
- National Diabetes Prevention Program (*participant pays \$50*)

### Department Wellness Challenges

Programs must be pre-approved by the OSHER Center for Integrative Health – use the form online at [benefits.utah.edu/wellu-dept-program/](https://benefits.utah.edu/wellu-dept-program/) or contact them at [Wellness@utah.edu](mailto: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](mailto: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. For inspiration, please visit [employeewellness.utah.edu/wellness-challenges/](https://employeewellness.utah.edu/wellness-challenges/)