



# Wellness Program

## Participation Requirements

### Be Healthier, Feel Better, Focus on Wellness!

University employees who meet the **WellU Program requirements** are eligible for a **monthly premium reduction of up to \$25** on their University Employee Health Care Plan for the **2026-2027 plan year**.

If your monthly premium is less than \$25, your premium will be reduced to \$0.

Track your progress by visiting the WellU Participation Tracker:  
[www.hr.utah.edu/benefits/wellu\\_complete.php](http://www.hr.utah.edu/benefits/wellu_complete.php)

*Wellness completions must be reported through the Health Plan Administrator or our University Community Partners. Please allow 90 days from the date of service for completion processing. **Timely completions reported after July 1, 2026 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 **2026-2027 Plan Year**.*

### WellU Requirements - Complete **before July 1, 2026:**

#### Health Risk Assessment

- All participants are required to complete the Health Risk Assessment (HRA) through the Osher Center for Integrative Health (OCIH) between July 15, 2025 and June 30, 2026.
- You'll receive a monthly email from [Wellness@utah.edu](mailto:Wellness@utah.edu) with a personalized link to complete your HRA. You will continue to receive an email each month until the assessment is submitted.
- Questions about the HRA? Contact [Wellness@utah.edu](mailto:Wellness@utah.edu).

#### Choose One of the Following Options:

##### Option 1: Tailored Care Pathway

Your HRA results will inform you if you are eligible to engage in a Tailored Care Pathway. A Wellness Navigator within the Osher Center for Integrative Health will help individuals who opt in select a pathway that aligns with their health goals and support them as they accomplish each step.

For more information visit: [healthcare.utah.edu/integrative-health/staff-employees](http://healthcare.utah.edu/integrative-health/staff-employees)

##### Option 2: Four WellU Wellness Activities

Choose any combination of the following to complete four total activities:

- Health care provider options include an annual physical/wellness exam, dental exam and cleaning, flu vaccination, COVID vaccination, and various preventive screenings.
- Other options include approved department programs and services offered by our University Community Partners: Osher Center for Integrative Health, Campus Recreation Services, PEAK Health & Fitness, Red Butte Garden, RedMed, TIAA, Fidelity and Huntsman Cancer Institute.

## WellU Wellness Activities – Complete four 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.

- Annual Physical/Wellness Exam (*now offered at RedMed*)
- Cervical Cancer Screening (*now offered at RedMed*)
- 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
- Dental Exam and Cleaning

### Lifestyle Medicine Consult

Meet with a health care provider specializing in lifestyle health factors. During this consult you can explore areas such as nutrition, physical activity, sleep, and emotional health/resilience. Call (801) 213-8720 to schedule an appointment or visit [healthcare.utah.edu/integrative-health/services/lifestyle-medicine](https://healthcare.utah.edu/integrative-health/services/lifestyle-medicine).

### 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 ten taps on different days will count as one WellU participation credit.

#### 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.
- One scan will count as one WellU participation credit.
- WellU covers the cost of one scan. Use code STAFFSCAN at checkout.

### Red Butte Garden

Employees have free access to Red Butte Garden!

- Check in at the front desk with your UCard and take a relaxing stroll or aerobic walk through the garden.
- The first ten check-ins on different days will count as completion of one WellU participation credit.

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

WellU will pay the cost (all or part as shown below) of four services.

#### PEAK Health & Fitness – [healthcare.utah.edu/integrative-health/staff-employees](https://healthcare.utah.edu/integrative-health/staff-employees)

- Bod Pod Body Composition Measurement (*employee pays \$15*)
- Fitness Assessment (*employee pays \$15*)
- Fitness Classes (*employee pays class fees*)
- Health and Wellness Coaching (*employee pays \$0*)
- Nutrition Consultation (*employee pays \$0*)
- Nutrition Workshop Series (*employee pays \$20*)
- Personal Training (*employee pays \$0*)
- Exercise Prescription (*employee pays \$0*)

#### Osher Center Evidence-Based Programs

- Build-a-Bone (*employee pays \$25*)
- Everyday Mindfulness (*employee pays \$50*)
- Intensive Lifestyle Program (*employee pays \$50*)
- Intuitive Eating Program (*employee pays \$50*)
- Mindfulness-Based Stress Reduction (*employee pays \$125*)
- National Diabetes Prevention Program (*employee 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.

Ideas include: step challenges, mindfulness practices, scheduled movement breaks, and much more. For inspiration, please visit [employeewellness.utah.edu/wellness-challenges/](https://employeewellness.utah.edu/wellness-challenges/).

## Financial Wellness Workshops

*Participate in a one-on-one consultation with a licensed Fidelity Investments or TIAA representative.*

- To schedule a meeting with a Fidelity representative, go to [www.netbenefits.com/uofu](https://www.netbenefits.com/uofu) and click on the “Meet with Us” tile or call (800) 343-0860.
- To schedule a meeting with a TIAA representative, go to [www.tiaa.org/uofu](https://www.tiaa.org/uofu) and click on “Schedule now” in the Professional Advice tile or call (800) 842-2252. You may need to request that the TIAA representative email [WellU@utah.edu](mailto:WellU@utah.edu), saying that you participated.

## Huntsman Heroes

*Huntsman Heroes is a program that brings together individuals dedicated to going the extra mile to create a future free from cancer. Participate in athletic partner events to raise money for Huntsman Cancer Institute and support cancer research. One hundred percent of every dollar raised goes directly to doctors and researchers who, with your help, are changing the course of cancer research, treatment, and prevention.*

- Walk, run, or cycle in a Huntsman Heroes partner event and earn one WellU participation credit.
- Attend 10 marathon trainings or 6 cycling trainings and earn one WellU participation credit.
- Employees must be registered in the Huntsman Heroes system to receive credit.
- Fundraising is required for all marathon and cycling events, except for the Huntsman Sportsfest where fundraising is optional.
- To learn more or to register visit [give.huntsmancancer.org/page/44019/action/1](https://give.huntsmancancer.org/page/44019/action/1)

## Contact Us

If you have questions about the WellU Program contact UHRM at (801) 581-7447 or email [WellU@utah.edu](mailto:WellU@utah.edu).

If you have questions about the HRA, Care Pathway option, or OCIH services and programs, contact the Osher Center for Integrative Health team at [Wellness@utah.edu](mailto:Wellness@utah.edu).

Visit [benefits.utah.edu/wellu-wellness-program](https://benefits.utah.edu/wellu-wellness-program) for more information.