



Wellness Program

Participation Requirements

Be Healthier, Feel Better, Focus on Wellness!

University employees who complete the WellU requirements will receive a discount on their cost of enrollment in the University's Employee Health Care Plan of up to \$25 per month for the 2025/2026 Plan Year. If the rate is less than \$25 per month, WellU participants will pay \$0.

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, 2025 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 2025/2026 Plan Year.*

Complete the following requirements **before July 1, 2025**:

Health Risk Assessment (Available September 1, 2024)

- All participants must complete the HRA between September 1, 2024 and June 30, 2025.
- The link for the new HRA will be updated on our [WellU website](#) on September 1, 2024.

And either of the following:

Individual Health Care Pathway (Available September 1, 2024)

- Create and follow a care pathway with the Osher Center for Integrative Health team.
- Concierge wellness service for employees who qualify and opt to participate.
- Focus on health goals to achieve a healthy body (pre-diabetes management, diabetes management, and weight management) and healthy mind (promoting personal resilience).

Four WellU Wellness Activities

Complete four Wellness Activities (see reverse side for options).

- 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 authorized department programs and services offered by our University community partners: Campus Recreation Services, PEAK Health & Fitness, Red Butte Garden, RedMed, Tanner Dance, and the Osher Center for Integrative Health.

WellU Wellness Activities – Complete four 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 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

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 completion of one Wellness Activity.

Fit 3D Body Scan - 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. Use code STAFFSCAN at checkout.

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 ten 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 four services.

PEAK Health & Fitness – 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*)

OCIH Evidence-Based Programs

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

If you have questions about the WellU Program contact HR at (801) 581-7447 or email WellU@utah.edu.

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 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. For inspiration, please visit employeewellness.utah.edu/wellness-challenges/

Tanner Dance Class

- Enroll in the Tanner Dance Adult Class meticulously designed to enhance your physical fitness and artistic expression.
- The program focuses on building a strong core, increasing strength, enhancing flexibility, boosting endurance, improving balance, refining agility, and mastering control through dynamic dance movements. The classes incorporate both floor and barre work, grounded in modern dance and ballet techniques. Participants will engage in spatial movement exercises and delve into the creative process, fostering both technical skill and artistic innovation.
- Completing 8 sessions will count as completion of one Wellness Activity.
- To enroll, please visit shop.tannerdance.utah.edu/tickets/events/adult-osher

Financial Wellness Workshops

- Participate in a one-on-one consultation with a licensed Fidelity Investments or TIAA representative and earn WellU credit. Your instructor or financial advisor will need to email your name and uNID to wellness@utah.edu, saying that you participated, so that your participation can be reported for one Wellness Activity.
 - To schedule a meeting with a Fidelity representative go to 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/public/tcm/uofu and click on “Schedule now” in the Professional Advice tile or call (800) 732-8353.