



250 E. 200 S. Suite 125, Salt Lake City, Utah 84111

Greetings,

Congratulations on completing the WellU Health Risk Assessment (HRA)! That's an important first step toward completing the WellU Wellness Program requirements.

Our records show you still have remaining requirements to complete. To receive your monthly premium discount (up to \$25) for the 2026–2027 plan year, all requirements must be completed **before July 1, 2026**.

WellU offers a wide variety of activity options designed to support your well-being — all available at low or no cost. Visit the [WellU webpage](#) to explore activities you can complete through your health care provider, the Osher Center for Integrative Health, and other University Community Partners.

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#### What You Need to Do:

1. **Choose how you want to finish the program:**

**Tailored Care Pathway** – If you qualify for a Tailored Care Pathway based on your answers to the HRA, work with the Osher team to complete that pathway to qualify. *You do not need to complete Traditional Track activities if you are on a pathway.*

**OR**

**Traditional Track** – Complete four different approved WellU activities from the [WellU Website](#). Check the [WellU Participation Tracker](#) to see what is already completed.

**Important:** Activities completed before you enrolled in the health plan do not count.

2. **Schedule services (if needed)** – Appointments fill quickly as July 1st approaches.

#### University of Utah Health

Call 801-213-9500 or schedule in MyChart – Interpreter services are available

#### RedMed Employee Health Clinic

See scheduling information: [RedMed Clinic](#)

## **Osher Center (OCIH)**

Schedule services: [OCIH Services](#)

View activities: [OCIH Programs](#)

### **3. Report flu or COVID vaccinations (if needed)**

Follow the steps here: [Flu and COVID-19 Vaccinations](#)

*Allow up to 30 days for updates to appear on your tracker.*

### **4. Don't see something you completed?**

If an activity you completed is not showing on the [WellU Participation Tracker](#) and it was completed at least 90 days ago, email [WellU@utah.edu](mailto:WellU@utah.edu).

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**Questions?** WellU Program: [WellU@utah.edu](mailto:WellU@utah.edu)

Tailored Care Pathway or Osher Center programs: [Wellness@utah.edu](mailto:Wellness@utah.edu)

Wishing you continued health and wellness,

**University Human Resource Management (UHRM)**