



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

Greetings,

To participate in WellU and receive the 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. **Complete Your HRA** – Look for your personalized link from [Wellness@utah.edu](mailto:Wellness@utah.edu) (Osher Center for Integrative Health). Check your inbox and spam folder. If you can't find it, email [Wellness@utah.edu](mailto:Wellness@utah.edu). *The HRA is confidential and not shared with Human Resources.*

2. **Choose Your Track:**

**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.

3. **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](#)

### **4. 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.*

### **5. 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)**