UC employees, retirees and their spouses/domestic partners can continue to take control of their health and wellness by completing both the 2012 health assessment (HA) and a follow-up program through StayWell® Health Management. Employees and retirees enrolled in an eligible UC medical plan on or before January 1, 2012, and who complete the HA by June 15, 2012, and a follow-up program by December 15, 2012, will earn a $100 Premiere Choice gift certificate courtesy of Hallmark Business Solutions. An eligible spouse/domestic partner will earn a $50 gift certificate when they complete both activities. All of the StayWell programs are provided at no cost to you.

For 2012, StayWell has redesigned the online site to be more intuitive and streamlined in its approach to presenting programming and other health-related resources. It will be easier for you to follow your individual customized program. Some generic images of the new online site are included herein.

**Health Assessment**
The health assessment will be available **January 16, 2012**. It is required that you complete the HA no later than **June 15, 2012**, to earn 50 points toward the incentive.

**Follow-up Program**
You must complete both the HA and a follow-up program through StayWell in order to earn the incentive. Follow-up programs are dependent upon HA results. If the HA shows you have a health risk, the follow-up activity will be a NextSteps® phone-based, mail-based, or online coaching program. The recommended deadline to register and have enough time to complete a program is **July 31, 2012**, as a NextSteps program may take 4 months or more to complete.

If you are not eligible for a NextSteps program you will need to complete the **Time Out For Health™** online campaign. The six-week **Time Out For Health** campaign focuses on Nutrition, Physical Activity, Stress Management, and the importance of proper Hydration. You must complete your follow-up program no later than **December 15, 2012**, to earn 50 points toward your incentive. To access the **Time Out For Health** campaign, click on the **My Invitations** tab and register by clicking on the link provided.

**If you need assistance or if you have questions, please contact StayWell at 1-800-721-2693.**
My Invitations (under the My Plan tab)
You will be invited into your follow-up program based on the results of your health assessment.

NextSteps Wellness Coaching
There are three ways to participate in the NextSteps wellness coaching program: phone-based, mail-based or online. You may choose the format that works best for you.

- **Phone:** Talking with a health expert can make all the difference in achieving a success story. You tell StayWell where and when to call. A Wellness Coach will contact you to discuss your health challenges. Together, you and your Wellness Coach find a plan that works best. Encouragement, helpful tips and ideas—you name it, the coach is there for you. **The phone-based programs take about three months to complete.**

- **Mail:** Choose the health topic and StayWell will mail information with tips and suggestions that really work. **The mail-based programs take three months to complete.**

- **Online:** Join a Healthy Living Program through StayWell Online® and discover great ways to improve your health—at your own pace. Plus, you will receive weekly e-mails with tips and reminders to stay on track. **The online-based programs take about six weeks to complete.**

Points Bank (under the My Incentive tab)
Points Bank will be a new feature in 2012. You can easily track your progress toward an incentive. Two actions will be required to receive an incentive, each worth 50 points. When the HA is completed by June 15th, 50 points will be contributed to your Points Bank. When you complete the required follow-up program by December 15th, 50 more points are awarded—qualifying you to receive an incentive.

Incentive Awards
If you provided an email address, the award confirmation notice will be provided electronically via email about one week after completion of their program. The email will come from StayWell Health Management and may be identified as SPAM mail. You should be sure to check your SPAM account periodically.

If you did not provide an email address, the award confirmation will be mailed to the address StayWell has on file. You should follow the instructions on the award confirmation to select the type of gift certificate you wish to receive.

The gift certificate should be received within 10-14 business days after selection.

También existen versiones en español disponibles.
Regístrese en [https://uclivingwell.online.staywell.com](https://uclivingwell.online.staywell.com) para completar la evaluación de salud confidencial. También hay disponible una evaluación impresa en español. Si necesita asistencia en español, por favor llame a la línea de ayuda de StayWell al 1-800-721-2693.

* Kaiser members and members of certain bargaining units are not eligible for the StayWell program.*