NextSteps®

Your Own Wellness Coach

Making a change can be hard, and StayWell's NextSteps program is here to help. If your HA shows you have a health risk, you may qualify for this coaching program to help you make real improvements — your way!

"The Health Assessment made me aware of areas where I need to make improvements in my lifestyle." -UC Participant

NextSteps

Contacts

For more information:
Call the StayWell HelpLine
1-800-721-2693
https://uclivingwell.online.staywell.com

HelpLine Hours (Pacific Time):
6am–8pm Mon.–Thu., 6am–6pm Fri.
or 6am–10pm Sat.

University of California
Benefits Information:
At Your Service
1-800-888-8267
http://atyourservice.ucop.edu

Wellness Resources:
http://uclivingwell.ucop.edu

Disease Management:
Refer to your medical plan
for availability.

Employee Assistance Program:
Refer to your location's faculty and
staff assistance program.

Take good care of yourself. You'll feel
great — and your family, friends and
co-workers will thank you. That means
making healthy choices and changes.
Your first choice is simple. Make
yourself a priority — give yourself 15
minutes to complete the confidential
HealthPath® Health Assessment (HA).
You'll earn a $100 gift certificate
if you submit the HA by April 15, 2010. Spouses and domestic partners will receive a $50 gift certificate
for completing the HA. It's that simple.

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the StayWell HelpLine at 1-800-926-5455.

P.O. Box 21427
St. Paul, MN  55121–0427

http://uclivingwell.online.staywell.com

Finding time for your well-being can be challenging. The Health Assessment makes it easy. Give it a try.

Start by completing the Health Assessment to learn more about your health habits. Read your results. You may be surprised how easy healthy can be!

Your Own Wellness Coach

Talking with a health expert can make a big difference in your success. Tell us when and where to call and a Wellness Coach will talk with you about your health challenges to help you make a healthy change. Encouragement, helpful tips and ideas — you name it, your Coach is there for you.

University of California
Health Management:
StayWell Health Management
1-800-721-2693
https://uclivingwell.online.staywell.com

HelpLine Hours (Pacific Time):
6am–8pm Mon.–Thu., 6am–6pm Fri.
or 6am–10pm Sat.

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Dear University of California member,

Your health and quality of life are important to us. Maintaining a high level of wellness will help you achieve your goals. Since individual choices greatly influence your overall wellness, the StayWell program is available to help you set goals that can change your health behaviors and create a healthier lifestyle.

As a UC employee, retiree, spouse, or qualified domestic partner enrolled in an eligible UC-sponsored medical plan, you’ll have access to a confidential Health Assessment and an online suite of health management tools, newsletters and resources. For those who qualify, there’s a phone-, mail-, or online-based wellness lifestyle coaching program.

StayWell Health Management, a leading provider of health programs and services, will administer the program at no cost to you. The program will help you improve and maintain your health and well-being. Join the University of California community and make this a healthy year!

Human Resources and Benefits
University of California

Welcome

Choose Better Health

IT’S A SIMPLE MESSAGE: TAKE GOOD CARE OF YOURSELF.

For most, finding time for health in today’s world doesn’t always seem so simple — but it is. All it takes is a first step, and the first step is easy. Give yourself 15 minutes to complete the confidential Health Assessment (HA).

As a bonus, you’ll earn a $100 gift certificate if you submit the HA by April 15, 2010. Spouses and domestic partners will receive a $50 gift certificate for completing the HA. It really is that simple.*

What is the Health Assessment?

The Health Assessment will assess your lifestyle habits and provide immediate, personalized feedback.

The assessment is a completely confidential health and lifestyle questionnaire that addresses topics such as nutrition, stress and well-being, physical activity and health history.

Your personal results will identify your health risks and help you find ways to improve or maintain your health. Finding time for your health can be challenging. The Health Assessment is a simple way to start. Give it a try.

https://uclivingwell.online.staywell.com

*Employees and their spouses/domestic partners must be enrolled in an eligible medical plan by January 1, 2010 to be eligible for the incentive.

StayWell Online

STAYWELL ONLINE

Find out more about do-it-yourself care for you and your family.

StayWell Online is a comprehensive Web site containing individual action plans, health information for you and your family, and many more valuable tools and resources.

To get started and take the Health Assessment, go to: https://uclivingwell.online.staywell.com and follow the on-screen instructions. When you’re finished, you’ll get instant results, an action plan and valuable information—all about you.

FAMILY CENTERS

Is heart disease common in your family? Find out how to lower your risk.

TAKE CARE

Have a question about a medication or symptom? Make the best decisions by starting with the facts.

WHAT IF

Ever wonder what your health would be like if you had made some changes? Take the HA again, enter your “what if” changes (like a reduced weight) and see how your scores would improve.

HEALTH TOOLS

Need help getting motivated? Want to know how many calories you’re burning? Want to test your health knowledge? Set your own goals and reminders for exercise sessions and use a calculator to find a target heart rate. These tools can help.

HEALTH CENTERS

Want to know more about a health condition? In the Health Center you’ll find facts about healthy cholesterol, tips to help you quit smoking, ways to reduce your stress — all in one location.