Dear University of California member,

Your health and quality of life are important! 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. The program will help you improve and maintain your health and well-being.

StayWell Health Management, a leading provider of health programs and services, will administer the program at no cost to you. Join the University of California community and make this a healthy year!

Human Resources
University of California

2012 TWO-STEP PROGRAM

If you and your spouse/domestic partner are enrolled in an eligible UC medical plan on or before January 1, 2012 and complete BOTH the health assessment (HA) and a StayWell follow-up program, you’ll earn an incentive award courtesy of Hallmark Business Connections. Employees/Retirees will earn a $100 gift certificate; spouses/partners will earn a $50 gift certificate.

Step 1: Health Assessment – You must complete the HA no later than June 15, 2012 in order to ensure enough time to complete your follow-up program. Follow-up programs may take up to six months to complete.

Step 2: Follow-up Program – You must complete your StayWell follow-up program by December 15, 2012. Once you complete the HA, you will receive instructions on your follow-up activity which will be either a NextSteps® program or a Time Out for Health™ Campaign.

CHECK HERE FOR YOUR HEALTH AND WELLNESS RESOURCES:
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–10am Sat.

University of California Benefits Information:
Retirees: 1-800-888-8267 Employees: Contact your Benefits Office
At Your Service: http://atyourservice.ucop.edu
POUNTS BANK

This year it will be easier for you to track your incentive award through Points Bank—a new feature for 2012.

Two actions are required to receive an incentive, each worth 50 points. When you complete your HA by June 15th, 50 points will be added to your Points Bank. When you complete the required follow-up program by December 15th, 50 more points are added to your Points Bank. Once you have 100 points, you are eligible to receive the incentive award.

Be sure to check out the other StayWell web features that are new and improved for 2012.

YOUR HEALTH ASSESSMENT (HA)

How to start? Where to start?
Finding time to improve your health can seem difficult at first. It really isn’t.

You already understand the benefits of making improvements to your health and wellness. You also know the importance of good information and having an informed partner help you make smart decisions. The tools you need are in place. Your time is NOW. Your day to take charge, move forward, and make positive changes to your overall health and wellness is TODAY.

How do you start? It’s easy. The first step is a 15-minute HA of your current health profile. The HA is a completely confidential health and lifestyle questionnaire covering topics such as nutrition, stress, physical activity and health history. The HA will instantly provide personalized results and a plan you can use to take action right away.

Your 2012 online health assessment is available starting January 16, 2012. The deadline to complete your HA and a StayWell follow-up program by December 15, 2012, in order to receive the incentive.

Depending on your health risk profile, you will be invited into a follow-up program.

Congratulations on taking the first step!

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

We’re excited to announce StayWell Online is moving to a new look. The new site promises a fresh design, easier navigation, and a more user-friendly experience.

StayWell Online gives you the latest health information for you and your family, and a wealth of valuable tools and resources at your fingertips. Use the tools and information for Building a Healthy You: set goals, monitor progress, find answers, stay motivated and be a better YOU.

https://uclivingwell.online.staywell.com

GET STARTED NOW

YOUR WELLNESS COACH
YOUR SUCCESS STORY

Have you thought about your health and wellness goals? Do you see yourself making changes and successfully meeting those goals? Are you uncertain how to get there? Talking with a NextSteps wellness coach can make all the difference in achieving your success story.

Not sure what kind of changes to make? Or how to set and meet your goals? NextSteps wellness coaching is designed to create a personalized and tailored plan — just for you. After registering, you tell us when and where to call. A wellness coach will talk with you about your health challenges. Together, you and your wellness coach will find a plan that works for you. Encouragement, helpful tips and ideas — you name it, your coach is there for you.

Unable to participate with a coach over the phone? Not a problem. Other programs are available including receiving material at home in the mail or by joining a Healthy Living Program through StayWell Online.
YOUR REWARD. GET IT.

Complete your health assessment by June 15, 2012, and a StayWell follow-up program by December 15, 2012, and earn a gift certificate courtesy of Hallmark Business Connections. Employees/Retirees will earn a $100 gift certificate upon completion of a follow-up program and spouses/domestic partners will earn a $50 gift certificate.