

# The Wellness Program



# About the Wellness Program

As part of the University of Minnesota's commitment to your whole wellbeing, the Wellness Program is designed to support your journey to good health. No matter what kind of wellness goals you have for yourself, the Wellness Program offers you a way to accomplish those goals and be rewarded for it.

## How the Wellness Program Works

Through the Wellness Program you earn points for many different types of wellness activities. Because everyone's health journey is different, you can choose from a wide variety of options to earn points. For instance, you can get rewarded for taking a short online assessment, exercising regularly at a gym, meeting with a health coach, or taking a class to reduce your stress. For a full list of program options, see the next page.

The points you earn add up to real savings on your 2017 UPlan medical rates—either \$400 or \$600 a year depending on who is covered in your policy. To see how many wellness points you need for a full reward, take a look at this table:

If your UPlan coverage is:	You need to earn at least:	To save this amount in 2017:
Employee Only	400 points	\$400
Employee and Children	400 points	\$400
Employee and Spouse* with or without Children	600 points	\$600

\*If your spouse is covered by the UPlan, he or she can earn a maximum of 200 points

## How To Get Started Earning Your Points

There is no right or wrong way to start earning points in the Wellness Program. The steps below are just an example of one common path to getting started by using the health assessments to give you a jump start on your points.

**Step 1:** Go to [z.umn.edu/wa](https://z.umn.edu/wa) to find your link to log in to StayWell Online.

**Step 2:** Once on your personal StayWell profile page, click the “Start your wellness assessment” button in the middle of the screen. The wellness assessment takes about 10 minutes and is a fast and easy way to earn 150 points right away.

**Step 3:** Log on to [z.umn.edu/biometric](https://z.umn.edu/biometric) to find out how to set up a biometric health screening. When you successfully complete a screening, you'll earn another 150 points.

**Step 4:** At any time, you can access your StayWell Online profile page and click the “Programs and Points” tab to find information about program options and your points.

While many people begin by taking the wellness assessment and setting up a biometric health screening, how you choose to earn wellness points is completely up to you.

## Program Categories

Category	Program	Wellness Points	Enroll by	Complete by
<b>Health Assessments</b>	Wellness Assessment	150	Open	March 31, 2016
	Biometric Health Screening	150	Open	August 31, 2016
<b>Pledge Your Commitment</b>	Annual Flu Shot Pledge	25	Open	August 31, 2016
	Non-Tobacco User Pledge	25	Open	August 31, 2016
<b>Be Active</b>	Bike Commuter	75/125	May 31, 2016	August 31, 2016
	Gym Reimbursement - Fit Choices	75/125	February 1, 2016	July 31, 2016
	Walking Program - 10K-A-Day	50	June 30, 2016	August 31, 2016
<b>Manage Your Health</b>	Weight Watchers on Campus*	150	Open	August 31, 2016
	Create Your Weight*	150	Open	August 31, 2016
	Renew Weight Management*	150	Open	August 31, 2016
	Healthy Pregnancy	100	Open	August 31, 2016
	Digital Workshop	50	Open	August 31, 2016
<b>Wellness My Way</b>	Self-Reported Wellness Activity	50	Open	August 31, 2016
<b>Coaching and Support</b>	Telephone Health Coaching - Manage a Chronic Condition	250	May 31, 2016	August, 31, 2016
	Telephone Health Coaching - Make a Lifestyle Change	200	May 31, 2016	August, 31, 2016
	Face-to-Face Health Coaching	200	April 30, 2016	August 31, 2016
	Self-Directed Coaching	50	May 31, 2016	August 31, 2016
	Medication Therapy Management	100	Open	August 31, 2016
	Specialty Therapy Management	100	Open	August 31, 2016
<b>University Wellness Classes</b>	Group Strength Express*	50	Open	August 31, 2016
	Heart Rate Express*	50	Open	August 31, 2016
	Kettlebell Express*	50	Open	August 31, 2016
	Yoga 101*	50	Open	August 31, 2016
	Dynamax*	50	Open	August 31, 2016
	Mindfulness in Motion*	50	Open	August 31, 2016
	Mindfulness-Based Stress Reduction*	50	Open	August 31, 2016
	Healthy Foods, Healthy Lives: Cooking for Wellness*	50	Open	August 31, 2016

\* Programs with fees that you pay up front but are partially or fully reimbursable by the University after successful completion

# Health Assessments

The Wellness Program rewards you with a significant number of points for completing the wellness assessment and biometric health screening, because knowing more about your current health allows you to celebrate your successes and know what to focus on in the future.

## Wellness Assessment

### Points: 150

The wellness assessment is a short health survey you can take on the StayWell Online site. Your assessment results provide you with immediate and personal feedback about what you're doing right as well as what kind of health problems you may be at risk for in the future. The assessment only takes about 10 minutes and you can complete it on work time. Staywell keeps your personal information confidential and it is not shared with anyone.

You and your spouse can each earn 150 wellness points when you complete the assessment by March 31, 2016\*.

## Biometric Health Screening

### Points: 150

A biometric health screening will give you important health information such as your blood pressure numbers, your body mass index, and your cholesterol levels. The screening is completely free.

You can get your biometric health screening a few different ways. Boynton Health Service offers screenings on all campuses throughout the year. If you're on the Duluth Campus, you can also schedule a screening at the QuickCare clinic. You may also get credit for a screening taken at your doctor's office. Your biometric screening information is kept confidential and not shared with anyone.

You and your spouse can each earn 150 wellness points when you complete a screening by August 31, 2016\*. If you choose to schedule a screening at your own health care clinic, you must submit a form filled out by your physician to StayWell by August 31, 2016.

## Your health information is always private.

If you choose to take the wellness assessment or biometric health screening, your results are always kept completely confidential. No one at the University will ever see or have any access to your private health data. The University receives a report of health risks as a whole population, but not for individuals.

\*The wellness assessment and biometric health screenings are open to all UPlan members and their covered spouses. Spouses covered by the UPlan can earn a maximum of 200 wellness points for the 2015-2016 program year.



# Pledge Your Commitment

## Flu Shot Pledge

### Points: 25

When you confirm that you have been vaccinated against influenza within the last 12 months, you will earn 25 wellness points. To earn the points, simply log on to your StayWell profile no later than August 31, 2016, to enter your pledge. Both UPlan members and their covered spouses can earn points for this pledge.

## Non-Tobacco User Pledge

### Points: 25

When you enter a pledge that you have been 100% tobacco-free for at least the past six months, you will earn 25 wellness points. To earn the points, simply log on to your StayWell Online profile no later than August 31, 2016. Both UPlan members and their covered spouses can earn points for this pledge.



Kevin Widmer, Recreation and Wellness Center  
Group Strength Express class (page 10)

## StayWell Online

To keep up to date with your points progress, you can log in to your StayWell Online profile at [z.umn.edu/wa](http://z.umn.edu/wa). StayWell Health Management is the University's vendor that keeps track of your wellness points for you. Employees and their spouses who are eligible for the UPlan automatically have a profile set up. When you complete a program, StayWell will be notified and will update your points automatically. (This could take up to eight weeks due to reporting requirements.)

# Be Active

## **Bike Commuter Program**

### **Points: 75 or 125**

When you bike to work, you can earn either 75 or 125 points, depending on how often you commute. If you ride your bike to work at least 50 times between September 1, 2015, and August 31, 2016, you will earn 75 wellness points. If you ride your bike more than 100 times during the same time period, you will earn 125 wellness points.

To make sure your rides count toward earning wellness points, you must have an RFID (radio frequency identification) tag installed on your bike at a Campus Bike Center and bike past an RFID reader on your way to work. The deadline to enroll in the program and have an RFID tag installed on your bike is May 31, 2016.

Employees on the Twin Cities campus with a registered Nice Ride membership can also get credit for rides over 10 minutes taken on a Nice Ride bike.



Brooke Dillon and Daniel Ringold, Northrop Auditorium

## **Gym Reimbursement - Fit Choices**

### **Points: 75 or 125**

Fit Choices rewards you for going to the gym, both with a monthly reimbursement and the chance to earn wellness points.

When you exercise at a participating gym or fitness center at least eight times a month, you will receive up to a \$20 monthly reimbursement. If you exercise at least eight times a month for six months, you will earn 75 wellness points. If you exercise at least 12 times a month for six months, you will receive 125 wellness points.

To be rewarded for going to the gym, you must enroll in the Fit Choices program at a participating fitness center by February 1, 2016, and complete the attendance requirements by July 31, 2016. FitChoices will reimburse up to two individuals over age 18 covered by the UPlan. If you change health plans for 2016, you will need to re-register for Fit Choices.

## **Walking Program - 10K-A-Day**

### **Points: 50**

10K-A-Day is a fun and interactive walking program designed to encourage you to move more. When you sign up you will use either a free pedometer from StayWell or your own FitBit to keep track of your progress. To earn 50 wellness points, you need to sign up by June 30, 2016, to ensure you have enough time to complete the program by August 31, 2016.

# Manage Your Health

## Weight Watchers on Campus

### Points: 150

The Weight Watchers on Campus program offers motivational support for weight loss and maintenance in a group setting. UPlan members and their covered spouses who attend at least 14 meetings over a four-month period before August 31, 2016, can have their registration fees fully reimbursed by the Wellness Program and earn 150 wellness points.

UPlan members and covered spouses can be reimbursed three times in one calendar year for this program, up to a lifetime maximum of six combined reimbursements for Weight Watchers on Campus and Create Your Weight.

## Create Your Weight

### Points: 150

Create Your Weight will help you focus on what you can do to live a healthy lifestyle. To personalize your results, the program includes a measurement of your individual metabolism rate. The program is offered on the Twin Cities Campus through the University of Minnesota Medical Center Fairview. Those who attend at least 9 out of 11 classes will be fully reimbursed the cost of the program and receive 150 wellness points.

Members and their covered spouses can be reimbursed once a calendar year for this program, up to a lifetime maximum of six combined reimbursements for Create Your Weight and Weight Watchers on Campus.

## Renew Weight Management (Morris only)

### Points: 150

Renew Weight Management is a program for Morris employees and their covered spouses to find support in their community to maintain and lose weight. The program is offered through the Stevens Community

Medical Center and will help you learn more about exercise and healthy eating. Those who attend at least six of the eight sessions will be fully reimbursed the cost of the program and receive 150 wellness points. For more information, reach out to the Renew Weight Management Registered Dietitian at 320-589-1313.

## Healthy Pregnancy

### Points: 100

As an expectant mother, you can take advantage of the free Healthy Pregnancy program from Medica to help you stay well and feel good throughout your pregnancy and after your newborn arrives. When you complete three short calls with a coach—two while pregnant and one after the birth of your baby—you will earn 100 wellness points in the program year that your last coaching call occurs. You need to complete your last coaching call by August 31, 2016, for the wellness points to count for a 2017 rate reduction. The Healthy Pregnancy program is open to UPlan members and their covered spouses.

## Digital Workshops

### Points: 50

The digital workshops offered by StayWell Online offer you an opportunity to learn more about how to improve your health on your own time. Each workshop will take 15 minutes to complete and you can get signed up through your StayWell Online profile. When you complete three of the workshops by August 31, 2016, you will earn 50 wellness points.

Go to [z.umn.edu/reimburse](https://z.umn.edu/reimburse)  
to set up an account to  
get your reimbursement

# Wellness My Way

## Self-Reported Wellness Activity

### Points: 50

You can earn wellness points for choosing to stay healthy on your own, such as going to yoga classes, running a 5K, or exercising at home. Any activity you do that contributes to your health and wellbeing can count.

To get credit, you'll need to go to your StayWell profile page and log your activity by August 31, 2016, to earn a maximum of 50 wellness points. UPlan members and their covered spouses are eligible to report an activity.

## Coaching and Support

### Telephone Health Coaching - Manage a Chronic Condition

#### Points: 250

Being healthy can be challenging, but managing a chronic condition often requires an extra commitment on your part. Get the support you need to manage diabetes, asthma, lung or heart disease by working with a health professional over the phone. If you qualify, you'll receive an invitation in the mail. To earn 250 wellness points, eligible participants should enroll no later than May 31, 2016, and complete a minimum of three phone calls with a coach by August 31, 2016.

### Telephone Health Coaching - Make a Lifestyle Change

#### Points: 200

A health coach can provide unbiased information to help you develop a personalized plan to change behavior and help you set realistic health goals for yourself. A qualified health coach is available to talk to over the telephone to all UPlan members and their covered spouses. To earn 200 wellness points, eligible participants should enroll no later than May 31, 2016, and complete a minimum of three phone calls with a coach by August 31, 2016.

### Face-to-Face Health Coaching

#### Points: 200

If you prefer to work with a health coach in person, face-to-face coaching is available on the Twin Cities, Duluth, and Morris campuses. Because the area of expertise of the health coaches varies depending on your location, you will need to decide if in-person coaching is appropriate for you. Face-to-face health coaching is available by appointment and a session typically lasts 15-30 minutes. Group coaching sessions are also available.

To earn 200 wellness points, you should contact a health coach on your campus to schedule your first session by April 30, 2016, and complete three coaching sessions by August 31, 2016.

### Self-Directed Coaching (Available January 1, 2016)

#### Points: 50

Self-Directed Coaching is a personalized online program designed to teach you the skills to make a healthy lifestyle change. Depending on how you answer an initial assessment, your focus could be on building willpower, changing beliefs, or setting goals. Online coaching



sessions can typically be completed in 15 minutes. To earn 50 wellness points, you should enroll through your StayWell Online profile no later than June 30, 2016, to give you enough time to complete three sessions by August 31, 2016.

## **Medication Therapy Management**

### **Points: 100**

Medication Therapy Management (MTM) is a service offered to UPlan members and their covered spouses who take four or more medications or have a referral from their health care provider. The program consists of face-to-face meetings with a specially trained pharmacist who can help you improve the quality and effectiveness of your medication therapy program. Those who complete three sessions with an MTM pharmacist by August 31, 2016, will earn 100 wellness points.

## **Specialty Therapy Management**

### **Points: 100**

UPlan members who need specialty medications to manage more complicated medical conditions are eligible to enroll in the Specialty Medication Management program offered by Fairview Specialty Pharmacy.

The program applies to members using specialty medications for Multiple Sclerosis, Rheumatoid Arthritis, Hepatitis C, Psoriasis/Psoriatic Arthritis, Crohn's Disease, or Cystic Fibrosis. You will receive support and education about how to take specialty medications safely to get the most benefit from them. You will learn how to reduce side effects, when to contact your doctor if there is a problem, and how to find help paying for your specialty medications. Those who complete three coaching sessions with a specialty therapy nurse by August 31, 2016, will earn 100 wellness points.



"As a health coach, I want to help you transform your goals into real action without it feeling like a chore. Health coaching is an opportunity for us to talk through what you want for your life in a way that is completely unique and meaningful to you. My intent is that your health goals will turn into acts of self-care that you actually look forward to doing because they help you live your best life."

—Rachel Gilbertson,  
UMD Lifestyle Health Coach

# University Wellness Classes

The University sponsors courses for UPlan members and their dependents that can help you build strength, reduce stress, and improve your nutrition. For every wellness class you complete, you will earn 50 wellness points.

All of these classes have a course fee that you must pay up front, but UPlan participants who complete the attendance requirements can be reimbursed some or all of the fee. You are eligible for a lifetime maximum of two reimbursements for any University Wellness Class taken at the Recreation & Wellness Center.

## **Healthy Foods, Healthy Lives: Cooking for Wellness**

### **Points: 50**

Healthy Foods, Healthy Lives is a seven-week course available on the St. Paul Campus that will help you develop healthy cooking and eating strategies for years to come. The program uses hands-on demonstrations led by professional chefs to teach you new techniques to adapt your cooking to a healthier lifestyle. Four of the seven courses are taught in a cooking laboratory on the St. Paul Campus and the remaining sessions are self-directed at home.

When you complete six of the seven classes, you will earn 50 wellness points and receive a reimbursement of \$200 toward the \$210 course fee.

## **Group Strength Express**

### **Points: 50**

Group Strength Express is a strength class offered through University Recreation & Wellness on the Twin Cities Campus and through the Sports and Health Center on the Duluth Campus. The class is designed to increase muscle strength, enhance cardiovascular fitness, and teach you the basics of a balanced exercise program.

When you attend 13 of the 16 classes and complete the pre- and post-course fitness assessment, you will

receive 50 wellness points and get the entire \$199 cost of the course returned to you. You do not need to be a member of the University fitness centers to participate in this class.

## **Heart Rate Express**

### **Points: 50**

Heart Rate Express is a class to improve cardiovascular health offered through University Recreation & Wellness on the Twin Cities Campus and the Regional Fitness Center in Morris. The class takes place mostly on a treadmill or a stationary bike and is meant for all skill levels.

When you attend 13 of the 16 classes and complete the pre- and post-course fitness assessment, you will receive 50 wellness points and get the entire \$199 cost of the course returned to you. You do not need to be a member of the University fitness centers to participate in this class.

## **Kettlebells**

### **Points: 50**

Kettlebells is a class designed to help you improve muscle strength through exercises such as squats and swings. Kettlebells is offered through University Recreation & Wellness on the Twin Cities Campus and the Regional Fitness Center in Morris. Since this is an intermediate-level fitness class, participants should already have a good exercise foundation.

When you attend 13 of the 16 classes and complete the pre- and post-course fitness assessment, you will receive 50 wellness points and get the entire \$199 cost of the course returned to you. You do not need to be a member of the University fitness centers to participate in this class.

## **Yoga 101**

### **Points: 50**

Yoga 101 is a class designed for those beginning a yoga practice. The class is offered through University Recreation & Wellness on the Twin Cities Campus and the Regional Fitness Center on the Morris Campus.

Yoga instructors will help you become familiar with the benefits of yoga and the poses while you practice in a small group setting.

When you attend 13 of the 16 classes, you will receive 50 wellness points and get the entire \$199 cost of the course returned to you. You do not need to be a member of the University fitness centers to participate in this class.

### **Dynamax** **Points: 50**

Dynamax is a class offered through University Recreation & Wellness on the Twin Cities Campus designed to help you increase core strength and stability. The class will involve catching and receiving a weighted medicine ball while going through various full-body movements.

When you attend 13 of the 16 classes, you will receive 50 wellness points and get the entire \$199 cost of the course returned to you. You do not need to be a member of the University fitness centers to participate in this class.

### **Mindfulness-Based Stress Reduction Program**

#### **Points: 50**

This class will help you learn mindfulness techniques to better manage stress, pain, illness, and the demanding challenges of everyday life. The course runs for eight weeks and is offered through the Center for Spirituality & Healing on the Twin Cities Campus.

Those who attend at least six of the eight classes, and a day-long retreat, will receive a reimbursement of \$200 toward the program fee and 50 wellness points. The course fee of \$350 may be required to be paid up front, depending on location.

### **Mindfulness in Motion** **Points: 50**

Mindfulness in Motion is an introductory class to mindfulness techniques offered through the Center for Spirituality & Healing to help you build resilience and

reduce daily stress. Participants will learn awareness principles that are the foundation for mindfulness and its many benefits.

Those who attend seven of the eight sessions as well as the pre- and post-evaluation, will receive a full reimbursement of the \$200 program fee and 50 wellness points.



"For me, the Mindfulness-Based Stress Reduction course opened a new door to self-care. It is helping me live more in the moment and not get caught up so often in things that distract and worry me. The background information, introduction to various meditation practices, and guidance from the instructor helped me get started on my own practice. I am much more satisfied now that I have some tools to manage stress."

—Patty Bales  
Office of Human Resources



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## More Wellness Program Resources

The Wellness Program sponsors additional resources that will help you find support and stay engaged with your own health.

### **OptumHealth 24/7 NurseLine**

When you want help making decisions about your health or the health of a family member, consider a call to the nurse line. A health care advocate will answer the phone and help you with any health benefit issues you may need assistance in resolving. The health care advocate can also help you find a registered nurse who can answer your health questions and provide support, 24 hours a day, 365 days a year. Connect with a nurse by calling the 24/7 NurseLine at 1-888-887-2593.

### **OptumHealth Treatment Decision Support**

OptumHealth Treatment Decision Support Service (TDS) provides one-on-one consultation that can ease the stress of sorting through information when faced with a new diagnosis for a medical condition, including back pain, knee and hip replacement, benign prostate disease, prostate cancer, breast cancer, certain uterine conditions, angina, and other conditions. A health care advocate will answer your call and help guide you to the answers and resources you need to choose appropriate treatment. Connect with a TDS nurse by calling the 24/7 NurseLine at 1-888-887-2593.

### **Farmers Market**

University of Minnesota Farmers Market offers the season's best in locally grown vegetables, berries, and flowers. Find nutritious, freshly picked produce just a short distance from where you work. The market is held on Wednesdays from 11 a.m. to 2 p.m. July through October on the Gateway Plaza on the Twin Cities Campus, and from May through September on the Duluth Campus at the Kirby Bus Hub.

