IMPORTANT NOTICE REGARDING THE YOURHEALTH WELLNESS PROGRAM

The medical components of the YOURhealth program (which include the Personal Health Assessment, Biometric Screenings, Lifestyle Management Program, Condition Management Coaching, and Behavioral Health Partners) are a grouping of voluntary wellness programs available to all employees enrolled in the University of Rochester’s Health Care Plans. Other components of YOURhealth, such as Life-Work Connections/EAP and Wellness Programs, are available to all University employees regardless of Health Care Plan enrollment.

The YOURhealth program also offers financial rewards for employees, spouses and domestic partners enrolled in a University Health Care Plan who participate in certain voluntary health screening activities and health management programs, as described below.

The YOURhealth program is administered in compliance with federal laws – including the Americans with Disabilities Act (ADA), the Genetic Information Nondiscrimination Act (GINA), the Health Insurance Portability and Accountability Act (HIPAA), and the Affordable Care Act (ACA), among others – which permit employers to sponsor wellness programs that seek to improve employee health or prevent disease. This notice is intended to comply with requirements of those laws, and to explain your legal rights and how your health information will be protected.

PROGRAM COMPONENTS AND FINANCIAL REWARDS

The YOURhealth screening programs include a Personal Health Assessment (or "PHA"), which asks a series of questions about your household and demographic information, health-related activities and behaviors, personal satisfaction and stress, physical activity levels, nutritional habits, sleep habits, substance use, health goals, and whether you have or had certain medical conditions (e.g., cancer, diabetes, high cholesterol, heart disease, high blood pressure, pulmonary disease, depression or anxiety, low back pain, allergies or stroke). The YOURhealth program also offers on-site biometric screenings, which will include your height, weight, body mass index (BMI), waist circumference, heart rate and blood pressure, as well as cholesterol and glucose levels (which requires a finger prick to obtain a small sample of blood).

The information from your PHA and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through other components of the YOURhealth program, such as Lifestyle Management, Condition Management or Behavioral Health Partners. You also are encouraged to share your results or concerns with your own doctor. The results of your biometric screenings will be entered into your Electronic Health Record, where they can be accessed by your personal physician for treatment purposes (if your physician participates in the University’s network).

Enrolled employees, spouses, and domestic partners who complete the PHA and all of the available biometric screenings will receive a taxable cash incentive of $125. Although participation is completely voluntary and you are not required to complete the PHA or participate in the biometric screenings, only those employees, spouses and domestic partners who do so will receive the $125 reward. Enrolled children are not eligible to participate in the PHA or biometric screenings, nor are they eligible for the cash incentive.

Additional cash incentives of up to $200 may be available for enrolled employees, spouses and domestic partners who participate in certain health management activities. Employees, spouses and domestic partners may each earn $100 for completion of a lifestyle management program, and an additional $100 for completion of a condition management program.

Lifestyle Management Program options include individual programs for cholesterol management, blood pressure management, nutrition, physical activity, or tobacco cessation, and group programs for weight loss, stress reduction, physical activity and healthy lifestyles.

The Condition Management Program helps employees manage certain chronic health conditions, including asthma, atrial fibrillation, congestive heart failure, chronic obstructive pulmonary disorder, coronary artery disease, depression coaching & self-management, diabetes, high blood pressure, high cholesterol, low back pain, stroke, or weight. Eligible participants enrolled in a University Health Care Plan who are managing one or more of the chronic conditions listed above through the Condition Management Program may also qualify for reduced copays for their medications while actively participating in the Condition Management Program. The Condition Management Prescription Drug Copay Discount Program provides participants with a discount off their eligible prescription drug copay or a discount off their coinsurance for eligible diabetic supplies and equipment to treat these conditions or comorbid conditions under the respective University Health Care Plans. The Condition Management Prescription Drug Copay Discount Program applies to eligible drugs only for the conditions listed above. Participants in the YOUR HSA-Eligible Plan are not eligible for this discount until after meeting the deductible and before meeting their out-of-pocket maximum.
There are no direct cash incentives for seeing a Behavioral Health Partners provider (for treatment of stress, anxiety or depression), but employee cost sharing is generally waived for BHP providers as part of the health plan design (except that employees enrolled in the HSA-Eligible plan must first satisfy the plan deductible). If you are unable to participate in any of the activities required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. For example, if you are unable to attend one of the on-site biometric screening sessions, you may have the screenings performed and certified by your own health care provider. You may request a reasonable accommodation or an alternative standard by contacting the University Office of Total Rewards at 585-275-2084. Recommendations of your personal physician will also be accommodated.

Protections from Disclosure of Medical Information

The information you share in the YOURhealth program is kept confidential and is protected by several laws, including HIPAA and the Americans with Disabilities Act, as well as the University’s internal policies. Although the YOURhealth program and the University may use aggregate information it collects to design a program based on identified health risks in the workplace, the YOURhealth program will never disclose any of your personal information either publicly or to the parts of the University considered to be your employer (except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law). Medical information that personally identifies you that is provided in connection with the YOURhealth program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

The information you share in the YOURhealth program will be used only to promote your health, and may be forwarded to your personal physician or to other University health plans for purposes of treatment, payment, and health care operations. Specifically, the University of Rochester Health Care Plans (including the Lifestyle Management Program, the Condition Management Program, Behavioral Health Partners and Accountable Health Partners) and Life-Work Connections/EAP are part of an Organized Health Care Arrangement, which means that protected health information can be shared among those plan components for purposes of treatment, payment, and health care operations, without the need for your consent or authorization to use or disclose your health information to carry out these functions.

Only University employees and vendors responsible for administering or providing treatment services under the Health Care Plans and EAP, such as employees who work in the Office of Total Rewards, the School of Nursing, the Healthy Living Center, Behavioral Health Partners or Accountable Health Partners, have access to YOURhealth program protected health information. This includes individuals with medical training such as Physicians, Internists, Lipidologists, Psychiatrists, Clinical Psychologists, Nurse Practitioners, Registered Nurses, Social Workers, Registered Dieticians, Exercise Specialists/Physiologists, Tobacco Cessation Counselors, and certified Wellness Coaches.

All medical information obtained through the YOURhealth program will be maintained separate from your personnel records. Information that is stored electronically will be secured when at rest and encrypted when in transit, and no information you provide as part of the YOURhealth program will be used in making any employment decision. All individuals handling protected health information are trained in HIPAA privacy and security rules and subject to disciplinary action (up to an including termination of employment) if they inappropriately use or disclose your protected health information. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you within the timeframes required by law and our HIPAA policies.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the YOURhealth program and your medical treatment, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the YOURhealth program will abide by the same confidentiality requirements.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact the University Office of Total Rewards at 585-275-2084.
NOTICE OF NONDISCRIMINATION

Strong Memorial Hospital and the University of Rochester Health Plans comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. Strong Memorial Hospital and the University of Rochester Health Plans do not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Strong Memorial Hospital and the University of Rochester Health Plans:
- Provide free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provide free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact Interpreter Services at (585)275-4778

If you believe that Strong Memorial Hospital or the University of Rochester Health Plans have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with the SMH Grievance Coordinator, 601 Elmwood Ave Box 612, Rochester, NY 14642, phone: 585-275-0954, fax: 585-756-5584.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:
- U.S. Department of Health and Human Services 200 Independence Avenue, SW
- Room 509F, HHH Building
- Washington, D.C. 20201
- 1-800-368-1019, 800-537-7697 (TDD)

ATENCION: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu)。

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu)

ATANSYON: Si w pale Kreyòl Ayisyen, gen sévis èd pou lang ki disponib gratis pou ou. Rele 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu)번으로 전화해 주십시오.

ATTENZIONE: In caso la lingua parlata sia l’italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

ПРОСОХ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).
As your partner in wellness, we’re here to empower you with the education, coaching, and support to reach your health goals. From managing chronic conditions to supporting healthy lifestyles, emotional wellbeing and more, we arm you with tools to take an active role in your wellness.

Getting healthy has its rewards, like feeling better, having more energy, or experiencing less pain. As an added benefit, you have the opportunity to receive up to $325* per year for completing certain activities and programs.

Rest assured that any health information discussed during your wellness programs is not shared with your employer, and is kept completely confidential.

The road to good health is not a destination, it’s a journey. We’ll be there to motivate, inspire, and keep you on track.

- The Employee Wellness Team

*Certain programs are subject to eligibility. See eligibility chart on page 3.
# Your Journey

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# 2020 Program Eligibility

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† Including non-Medicare-eligible retirees and spouses/domestic partners enrolled in a University Health Care Plan.

* Eligibility for Wellness Programs, including WW® (formerly Weight Watchers), includes regular full-time and part-time faculty, staff, residents, fellows and postdocs. SEIU 1199 and SEIU Local 206 Union employees are not eligible for WW® (formerly Weight Watchers).

** Eligibility for Life-Work Connections/EAP includes all employees and their immediate family members.

*** Eligibility for Behavioral Health Partners (BHP) includes regular full-time and part-time faculty, staff, residents and fellows age 18 or older, non-Medicare-eligible retirees enrolled in a University Health Care Plan, as well as spouses/domestic partners and dependent children of active employees or non-Medicare-eligible retirees who are 18 or older and are enrolled in a University Health Care Plan. SEIU 1199 and SEIU Local 206 Union employees are not eligible for Behavioral Health Partners (BHP).

The Employee Assistance Program for Faculty and Staff of the University of Rochester includes only Life-Work Connections/EAP. The Personal Health Assessment, Biometric Screenings, lifestyle management programs, condition management coaching, and Behavioral Health Partners (BHP) are part of the University Health Care Plans.

This document provides only a summary of some of the features of these plans. Detailed information on the plans is available on the Total Rewards website, www.rochester.edu/totalrewards, or a paper copy of the information is available for free from the Office of Total Rewards. The University reserves the right to modify, amend, or terminate the plans or programs at any time, including actions that may affect coverage, cost-sharing or covered benefits, as well as benefits that are provided to current and future retirees.

Individuals represented by collective bargaining agreements receive benefits in accordance with those agreements.

Eligible participants can receive up to $325 per calendar year.
- Earn $125 for completing your Personal Health Assessment & Biometric Screening
- Earn $100 for completing a lifestyle management program
- Earn $100 for completing condition management coaching, if eligible

The information you share in the Personal Health Assessment (PHA) and the results of your biometric screenings are kept confidential and are protected by several laws, including HIPAA and the Americans with Disabilities Act, as well as the University’s internal policies. The information will be used only to promote your health, and may be forwarded to your personal physician or to other University health plans for purposes of treatment, payment, and health care operations. Specifically, the University of Rochester Health Care Plans (including condition management coaching, lifestyle management programs, and Behavioral Health Partners); and Life-Work Connections/EAP are part of the Organized Health Care Agreement, which means that protected health information can be shared among those plan components for purposes of treatment, payment, and health care operations without the need for your consent or authorization to use or disclose your health information to carry out these functions. Only University employees and vendors responsible for administering those plans, such as employees who work in the Office of Total Rewards, the School of Nursing, the Healthy Living Center, and Behavioral Health Partners, who perform services for the plan, have access to protected health information. Those employees are trained on privacy procedures and are subject to disciplinary action for failure to comply. The types of information obtained in the PHA include demographics and employment information, lifestyle habits, and personal medical history.
STEP 1*

**Complete Your Personal Health Assessment (PHA) Questionnaire**

The confidential, self-administered PHA questionnaire will ask a series of questions about your lifestyle habits, health history, and current health status.

STEP 2*

**Schedule Your Biometric Screening**

A registered nurse will conduct your screening which includes:

- Blood glucose
- Blood pressure
- Body Mass Index (BMI)
- Cholesterol levels
- Heart rate
- Triglycerides
- Abdominal girth
- Weight
- Blood glucose
- Blood pressure
- Body Mass Index (BMI)
- Cholesterol levels
- Heart rate
- Triglycerides
- Abdominal girth
- Weight

Your biometric values will be entered into your PHA by your nurse. Your nurse will discuss your results and offer recommendations based on your PHA score. You may review your personalized health report by logging in at urwell.rochester.edu.

STEP 3*

**Participate in Programs & Events**

- Lifestyle management programs and condition management coaching are available to eligible individuals. Try them out using telehealth!
- Try a new fitness class, shop local at the farmers market, take a break at a guided relaxation session and more.

*Subject to eligibility. See eligibility chart on page 3.
When it comes to improving your health, even small changes make a lasting impact. Well-U’s lifestyle management team of physicians, nurse practitioners, registered dietitians, exercise specialists, and lifestyle counselors will help you get started with tools to make healthy changes for life.

Lifestyle Management Programs

*Subject to eligibility. See eligibility chart on page 3.
GROUP PROGRAMS

Weight Loss
24 sessions
[18 group & 6 individual sessions]
Achieve lifelong weight loss and improve overall health with proven tools, expert guidance, and ongoing support needed to make and maintain lifestyle changes.

Fitness 101: Get Started
5 sessions
Learn the benefits and basic components of physical activity, find out how to prevent injury and manage recovery, and explore personal challenges to staying motivated. Program includes modified in-session workouts.

Mindfulness-Based Stress Reduction
6-8 sessions
Explore the studied practice of living mindfully and find out how meditation can help provide more balance, stability and satisfaction. May include a day-long silent retreat.

Stress Reduction
5 sessions
Gain practical skills around communication, goal-setting, and meditation, to manage your stress, improve your relationships, find a healthier work-life balance, and refocus your priorities.

Nutrition Basics
5 sessions
Explore various dietary patterns, review recommendations, and discover how better nutrition contributes to the prevention of cancer and chronic diseases.

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INDIVIDUAL PROGRAMS

Cholesterol Management
3 sessions
Discover how small changes to diet and exercise can help you lower your cholesterol and reduce your risk of heart disease and stroke. Available in-person and by telehealth.

Tobacco Cessation
6 sessions
Build a plan to manage withdrawal symptoms, prevent and manage relapses, and improve overall health with continuous support. Available in-person, by phone, and by telehealth.

Blood Pressure Management
3 sessions
Achieve and maintain healthy blood pressure through small changes to diet and exercise and reduce your risk of heart disease, kidney disease, and stroke. Available in-person and by telehealth.

Nutrition & You
3 sessions
Address personal nutrition goals and individual dietary needs to better manage existing health concerns and prevent chronic diseases. Available in-person and by telehealth.

Fitness 201: Get Stronger
6 sessions
Develop a personal strength training program with expert supervision of goal-setting and form. Sessions include assessments and guided, personalized workouts. Available in-person only.

Ask about bringing a group program to your department or workplace!

Website: urwell.rochester.edu/programs
Enroll: totalrewards.rochester.edu
Phone: (585) 530-2050
Email: URWell.Lifestyle@urmc.rochester.edu
CONDITION MANAGEMENT COACHING*

If you are living with a chronic health condition, you’ll have access to a team of wellness coaches, including a registered nurse wellness coach, nutritionist, and exercise specialist. Together, we will create a custom-tailored wellness plan.

*Subject to eligibility. See eligibility chart on page 3.
INDIVIDUAL COACHING

Atrial Fibrillation
Understand how to avoid triggers for uncontrolled A-fib, and take necessary safety precautions to prevent complications.

Asthma
Breathe easier and feel better by gaining a better understanding of proper medication usage and how to avoid harmful triggers. Participants will receive a prescription drug discount (Rx/Dx) on eligible medications.

Chronic Obstructive Pulmonary Disease (COPD)
Receive information about how to avoid flare-ups and recognize warning signs that tell you to call your doctor. Modify daily activities to avoid breathlessness and minimize additional lung damage.

Coronary Artery Disease
Know your target blood pressure and cholesterol levels, and develop a plan to reach them. Create a diet and exercise plan to achieve and maintain a healthy weight, and learn how to manage your medications to keep symptoms in check. Participants will receive a prescription drug discount (Rx/Dx) on eligible medications.

Depression Coaching & Self-Management
Identify lifestyle choices that will help you manage the symptoms of depression, then learn how to recognize and avoid choices that make symptoms worse. Find out how exercise, nutrition, sleep, socialization, and stress reduction can be used to lessen symptoms. Available in-person and by telehealth.

Diabetes
Keep blood sugar, blood pressure, and cholesterol in check through proper diet and exercise. Learn to identify symptoms of hypoglycemia and hyperglycemia, and what to do when they occur. Participants will receive a prescription drug discount (Rx/Dx) on eligible medications, supplies, and equipment.

Heart Failure
Reduce strain on your heart by eating well and moving more. Recognize signs to seek medical attention. Participants will receive a prescription drug discount (Rx/Dx) on eligible medications.

High Blood Pressure
Achieve and maintain a healthy blood pressure by developing a diet and exercise plan that will work for you. Review how to manage medications to maximize their effectiveness. Participants will receive a prescription drug discount (Rx/Dx) on eligible medications.

High Cholesterol
Achieve and maintain healthy lipid levels through specific dietary changes, weight control, and exercise.

Healthy Weight
Reach a healthy weight and maintain it for life! Understand the physical and psychological reasons that people are overweight and determine the most effective nutritional, exercise and lifestyle strategies to help you accomplish your goals.

Lower Back Pain
Explore ways to manage your low back pain through simple lifestyle changes such as best body mechanics, helpful exercises, and proper footwear.

Stroke
Learn self-management techniques and lifestyle changes to deal with the consequences of a stroke. Avoid future strokes by learning to control blood pressure and lipid levels through diet, exercise and proper medication management.

Programs are personalized to meet your needs and schedule. In-person, telephonic, and telehealth coaching options are available.

Website: urwell.rochester.edu/programs
Phone: (585) 275-6300
Email: URWell.Programs@urmc.rochester.edu
Wellness Programs*

University of Rochester’s award-winning health and wellness department offers programs and events to improve your fitness, reduce stress, and encourage healthy habits.

*Subject to eligibility. See eligibility chart on page 3.
**MOVE MORE**

**Fitness Challenges**
Individual and team challenges are hosted throughout the year to encourage you to get moving!

**Fitness Classes**
Free group fitness classes including yoga, pilates, boot camp, and more are offered at various locations.

**FitKit Rentals**
Work out your way. Customize your FitKit with a selection of resistance bands, fitness DVDs, a yoga mat, and more.

**STRESS LESS**

**Massage Days**
Enjoy a 10-minute chair massage to relax, refresh, and re-energize in the midst of a hectic workday.

**Guided Relaxation**
Press pause during a busy workday. Come ready to take deep breaths and relieve tension.

**Stress-Free Zones**
Take a mental break to enjoy adult coloring, stress ball-making, and relaxing music.

**Traveling Spa**
Relax and unwind with a massage seat cover, assorted teas, manicure supplies, aromatherapy items, and more.

**EAT WELL**

**Farmer’s Market**
Our farmers market offers fresh, healthy foods and nutrition education, held March through October.

**WW®**
Weight Watchers reimagined. Discounted subscriptions and at-work meetings are available to eligible employees.

**Be In Balance**
Receive tips and rewards for eating healthy in Cafe 601.

**Good Food Collective**
A local food share program connecting U of R employees with fresh, local, and sustainable foods.

**Live Cooking Demos**
Watch a healthy meal getting prepared right at your table as a dietitian describes the meal-prep process, nutrition facts, and healthy cooking tips.

**Department Requests**
If you would like Well-U to bring one of these programs directly to your department, please fill out a Department Request Form, found at rochester.edu/well-u.

**Well-u Champions**
Become the voice of wellness for your department! Champions have the opportunity to bring Well-U programs to their department and are encouraged to promote wellness in their own, personalized ways. Learn more: rochester.edu/well-u/champions.

**Website**: rochester.edu/well-u  
**Enroll**: totalrewards.rochester.edu  
**Phone**: (585) 273-5240  
**Email**: well-u-info@rochester.edu
Emotional & Mental Health*

With life comes challenges. The University provides programs and resources to help you regain your life and keep things in balance.

*Subject to eligibility. See eligibility chart on page 3.
LIFE-WORK CONNECTIONS/EAP

Professional and confidential guidance provided at no cost for employees and their immediate family members. Life-Work Connections/EAP will help assess issues, and provide short-term counseling and referrals as needed with life events including:

» Child and adolescent issues  » Addictions
» Coping with chronic illness  » Anxiety or depression
» Family, marriage, and other relationship issues  » Domestic violence
» Grief and bereavement  » Eating disorders
» Legal and financial concerns  » Stress-related illness

Website: urmc.rochester.edu/life-work-eap
Phone: (585) 276-9110
Email: eap@urmc.rochester.edu

BEHAVIORAL HEALTH PARTNERS (BHP)

A unique mental health service offering individual therapy, medication management and consultations with primary care physicians. These confidential, short-term, evidence based treatments are available for stress, anxiety, and depression. BHP offers:

» Easy access
» Day and evening hours
» Telehealth services

Website: bhp.urmc.edu
Phone: (585) 276-6900
Email: BHP@urmc.rochester.edu

ADDITIONAL RESOURCES

URMC Fitness Center
(585) 275-2437
urmc.rochester.edu/fitness-center

Georgen Athletic Center
(585) 275-7643
rochester.edu/athletics/facilities

YMCA Member Discount
(585) 784-3852
rochesterymca.org/university-of-rochester

URMC Employee Pharmacy
(585) 276-3900
urmc.rochester.edu/pharmacy/pharmacies/employee

Dental Plans
1 (800) 724-1675
excellusbcbs.com

Accountable Health Partners (AHP)
1 (888) 457-7463
ahpnetwork.com

Health Plans
Excellus BlueCross BlueShield
1 (800) 659-2808
excellusbcbs.com/UR

Aetna
1 (877) 864-4583
aetna.com

ADDITIONAL PROGRAMS

Working Parents Network
A monthly meeting giving working parents the opportunity to gather with other career-minded parents for advice and support.

EAP Supervisor Series
Supervisors may attend one or all classes in this series designed to examine your current managerial practices, expand your knowledge of the resources available to you and your employees, and discover alternative ways to deal with conflicts.