



# Program Checklist

The University of Rochester offers a variety of employee wellness programs and events. Follow this checklist to get started on a path to a healthier you!



Month #1		Details	Website
<b>Stay connected to Well-U: Visit the Well-U website</b> <input type="checkbox"/>	~Biometric screenings, lifestyle & condition management programs, emotional & mental health resources) ~Wellness Programs (UR Farmers Market, Weight Watchers, fitness classes, Park & Stride, Be In Balance) ~Monthly Wellness Spotlight (check here to learn about monthly wellness highlights) ~Health Trackers (tools such as calorie and heart disease risk calculators) ~Wellness Resources (links to resources to help answer your wellness questions)	<a href="http://www.rochester.edu/well-u">www.rochester.edu/well-u</a>	
<b>"Like" us on Facebook</b> <input type="checkbox"/>	Search: Well-U - University of Rochester	<a href="http://www.facebook.com/urwellu">www.facebook.com/urwellu</a>	
<b>Subscribe to the Weekly Wellness newsletter</b> <input type="checkbox"/>	Sign up to receive a weekly e-newsletter from Well-U with upcoming health and wellness-related programs and events	<a href="http://www.rochester.edu/well-u">www.rochester.edu/well-u</a>	
<b>Check out the Well-U calendar of events</b> <input type="checkbox"/>	Each month, Well-U publishes a calendar highlighting upcoming programs and activities and featuring our monthly health spotlight. Download the PDF from our website to stay updated on Well-U programs throughout the month.	<a href="http://www.rochester.edu/working/hr/wellness/calendar/">www.rochester.edu/working/hr/wellness/calendar/</a>	
<b>Attend Well-U programs</b> <input type="checkbox"/>	Massage days, live cooking demos, fitness classes, PAWSitive Attitude, lunch 'n' learns, University Farmers Market, Weight Watchers and many more programs are available for regular full- and part-time faculty and staff.	<a href="http://www.rochester.edu/working/hr/wellness/eligibility/">http://www.rochester.edu/working/hr/wellness/eligibility/</a>	
<b>Use your YMCA discount</b> <input type="checkbox"/>	Present your UofR employee ID badge at any Greater Rochester YMCA or the Canandaigua Family YMCA and receive \$10 off your monthly membership fee. New members will receive the same discount, and the joining fee of \$75 will be waived.	<a href="http://www.rochesterymca.org/university-of-rochester">www.rochesterymca.org/university-of-rochester</a>	
Month #2		Details	Website
<b>Get a biometric screening*</b> <input type="checkbox"/>	There are two options: 1) Click on "E-Health Scheduler" to enroll in a clinic that is convenient for you. You will need your HRMS login to schedule an appointment. 2) Download the biometric screening form and obtain your numbers from your doctor. Your provider will need to fill out and submit your lab values to the Center for Employee Wellness.	<a href="http://urwell.rochester.edu/home/biometrics.aspx">urwell.rochester.edu/home/biometrics.aspx</a>	
<b>Complete your online personal health assessment*</b> <input type="checkbox"/>	Use your HRMS logins to access your personal health assessment. The assessment will take about 10 minutes to complete. Eligible employees receive \$125 for completing both the biometric screening and PHA. This incentive will be loaded into your paycheck within 1-2 pay periods upon program completion.	<a href="http://urwell.rochester.edu/home/welcometothepha.aspx">urwell.rochester.edu/home/welcometothepha.aspx</a>	
<b>Enroll in a lifestyle or condition management program*</b> <input type="checkbox"/>	From losing weight to lowering blood pressure, Well-U offers a variety of group and one-on-one programs for diagnosed and undiagnosed conditions. Visit the Well-U programs web page to learn more. Receive \$100 for completing a lifestyle management program, and an additional \$100 for completing a condition management program, if eligible to participate. This incentive will be loaded into your paycheck within 1-2 pay periods upon program completion.	<a href="http://urwell.rochester.edu/programs.aspx">urwell.rochester.edu/programs.aspx</a>	
<b>Get to know Behavioral Health Partners*</b> <input type="checkbox"/>	Behavioral Health Partners consists of mental health care professionals who can treat and diagnose stress, anxiety, and depression. BHP is located at 315 Science Parkway (entrance C) and 300 Crittenden Boulevard. Services are provided at no out of pocket cost to employees enrolled in the YOUR PPO Plan. YOUR HSA-Eligible Plan holders are subject to the annual deductible and are covered at 100% after the deductible is met.	<a href="http://www.urmc.rochester.edu/behavioral-health-partners.aspx">www.urmc.rochester.edu/behavioral-health-partners.aspx</a>	
<b>Get to know Life-Work Connections/EAP</b> <input type="checkbox"/>	Life-Work Connections/EAP provides up to 5 counseling sessions for each employee and their household members per calendar year. Services are provided for grief and bereavement, family and relationship issues, drug or alcohol addictions, problems at work, and much more. Strong EAP professionals are available 24/7 during an emergency or personal crisis: 585-475-0432	<a href="http://www.urmc.rochester.edu/eap/services/employee-employees.aspx">www.urmc.rochester.edu/eap/services/employee-employees.aspx</a>	
Ongoing		Details	Website
<b>Attend Well-U programs</b> <input type="checkbox"/>	Massage days, live cooking demos, fitness classes, PAWSitive Attitude, Lunch N Learns, Weight Watchers and many more programs are available for regular full and part time faculty and staff.	<a href="http://www.rochester.edu/working/hr/wellness/eligibility/">http://www.rochester.edu/working/hr/wellness/eligibility/</a>	
<b>Attend the University Farmers Market</b> <input type="checkbox"/>	Every Wednesday, March through October, from 2:30 - 5:30 pm. Visit the Farmers Market website for lists of vendors and locations and to sign-up to receive the weekly Market Newsletter.	<a href="http://www.rochester.edu/working/hr/wellness/market/">www.rochester.edu/working/hr/wellness/market/</a>	
<b>Become a Wellness Champion</b> <input type="checkbox"/>	Champions serve as liaisons between Well-U and University Departments, providing feedback to Well-U and organizing wellness programs for their departments. Interested in helping Well-U promote employee wellness? Enroll to be a Champion!	<a href="http://www.rochester.edu/working/hr/wellness/champions/">www.rochester.edu/working/hr/wellness/champions/</a>	

**\*For program eligibility, visit:**

<http://www.rochester.edu/working/hr/wellness/eligibility/>