

# 2019 Well-U Program Eligibility

The University of Rochester offers health & wellness programs for employees. This document provides a brief overview of these programs and their corresponding eligibility.

PROGRAMS	Faculty, staff, residents, fellows and spouses/domestic partners enrolled in a University Health Care Plan †	Postdocs and spouses/domestic partners enrolled in a University-Sponsored Health Care Plan	Regular full-time/part-time faculty and staff (including SEIU members not enrolled in a University Health Care Plan)
Personal Health Assessment (PHA) & Biometric Screening	Eligible (plus incentive)		
Lifestyle Management Programs	Eligible (plus incentive)		
Condition Management Coaching	Eligible (plus incentive)		
Condition Management Rx/Dx Discount	Eligible		
Wellness Programs*	Eligible		
Life-Work Connections/EAP**	Eligible		
Behavioral Health Partners (BHP)***	Eligible		

† 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) and the Become a Runner Program, includes regular full-time and part-time faculty, staff, residents, fellows and postdocs. WW and the Become a Runner Program contain participation-based incentives.

\*\* 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.

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, Behavioral Health Partners, flu shots, and the 24/7 Nurse Line 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](http://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.

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

