

Step 1: Receive a Biometric Screening

To schedule a free Biometric Screening visit:
www.rochester.edu/working/hr/wellness/screening/



Step 2: Complete the Personal Health Assessment

To complete the free online assessment visit: yourhealth.shps.com

Spouses who are not University employees (and University employees who have Health Care Plan coverage through their UR spouse) and are logging in for the first time, please have your spouse's 6-digit University Employee ID available. You will be asked for this information to register on the web portal.



Step 3: Choose to Participate in Personalized Wellness and Health Programs

If you qualify to participate, you will receive a phone call from Carewise Health or the University of Rochester Healthy Living Center inviting you to participate in a FREE Personal Health Program or Personal Wellness Program.

Questions? Call the Health Advocacy Nurse Line at 1-877-598-3967

Personalized Health and Wellness Programs

Carewise Personal Wellness Programs

Online Modules

Nutrition
Smoking Cessation
Stress Management
Weight Management

Telephonic Health Coaching

Blood Pressure Management
Cholesterol Management
Nutrition
Physical Activity
Stress Management
Tobacco Cessation
Weight Management

Carewise Personal Health Programs

Telephonic Health Coaching

Asthma
Atrial Fibrillation
Coronary Artery Disease
COPD
Diabetes
Heart Disease
High Blood Pressure
High Cholesterol
Low Back Pain
Stroke

NOTE: You must be enrolled in a University Health Care Plan and meet biometric criteria to enroll in a Personal Health Program.

UR Healthy Living Center Programs

In-Person Sessions

Weight Management
Tobacco Cessation
Diabetes Prevention*
Control High Cholesterol*
Stress Management

** Must meet biometric criteria to enroll.*

Regular full-time and part-time faculty and staff enrolled in a University Health Care Plan are eligible to receive an incentive for completing a Personal Health and/or Wellness Program. Spouses who are enrolled in a University Health Care Plan also qualify for the incentive.

- \$100 for completing the PHA (biometric data must be included to qualify)
- \$100 for completing a Telephonic Health Coaching Personal Wellness Program or a Healthy Living Center Program
- \$100 for completing a Telephonic Health coaching Personal Health Program
- You may be eligible to receive up to \$300 per covered individual (\$600) per family per calendar year