2016 Program Overview
Purpose

- Wellness CHAMPION purpose
- Champion roles and responsibilities
- 2016 changes
- Available resources
- Well-U events
Role & Purpose

- Promote Health & Wellness
- Communicate Well-U programs
- Guide employees to wellness resources
- Foster a culture of wellness within dept.
Mission

Well-U will improve the health and wellness of University of Rochester employees by promoting a work environment that encourages healthy behaviors and by providing the tools, resources, and education necessary to support healthful living.
Personal Health Management
Get healthier. Get rewarded.

We provide tools, resources, and education in three easy steps so you can:

1. **Know your numbers**  
   (On-site Biometric Screenings)

2. **Assess your health**  
   (Personal Health Assessment)

3. **Create a plan for better health**  
   (Lifestyle Management/Condition Management Programs)
Program Eligibility

Those eligible for Biometric Screenings, Personal Health Assessment (PHA), Lifestyle Management Programs, and Condition Management Programs include:

- Regular full-time and part-time faculty and staff enrolled in a University Health Care Plan
- Non-Medicare-eligible retirees enrolled in a University Health Care Plan
- Spouses and domestic partners enrolled in a University Health Care Plan

For additional eligibility information, please visit http://www.rochester.edu/working/hr/.
# Healthy INCENTIVE$*

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<th>STEPS</th>
<th>PROGRAMS/INFO</th>
<th>INCENTIVE</th>
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| **1. Get your Biometric Screening!** | • Immediate Results  
  • Blood Glucose, Triglycerides, Cholesterol  
  • Height, Weight, BMI, BP | • Know your numbers  
  • $125*  
  • Set Personal Health Goals |
| **2. Complete the Personal Health Assessment** | • Biometric Screening Feedback  
  • Personalized recommendations based upon PHA score | |
| **3. Complete a Lifestyle Management Program** | • Lifestyle areas improve:  
  • Stress, Weight, Blood Pressure, Cholesterol, Smoking, Physical Activity, Healthy Lifestyle | • $100*  
  • More ways to improve health |
| **4. Complete a Condition Management Program** | • Conditions requiring ongoing treatment | • $100*  
  • Help managing chronic conditions |

*Must be enrolled in a University Health Care Plan to participate and earn incentives

**Total Incentive** $325*/calendar year!
Wellness Programs

- Live Cooking Demos
- Lunch ‘N’ Learn Presentations
- Massage Days
- Self Defense Class
- Fitness Classes
- Walk with a Doc
- Be in Balance Loyalty Card Program
- Park & Stride

Enroll at:
http://www.rochester.edu/working/hr/wellness/enroll/
Wellness Programs

- Employee Assistance Program (EAP)
- Behavioral Health Partners
- Discounted Fitness Center Memberships - Med Center & River Campus
- Good Food Collective
- Weight Watchers Programs
- Well-Flix DVD Rental Program
- Fit Kits
YMCA Wellness Partnership

All full and part-time University of Rochester employees receive the following corporate membership benefits at the YMCA of Greater Rochester and Canandaigua Family YMCA (11 locations total):

- No joining fee (a savings of up to $75.00)
- Exclusive rates for membership categories including adult, couple, and family memberships (up to $120.00 annual savings)
- Member rates on adult programs and classes
- Member rates on youth programs including youth sports, child care, and camps
Special Events

- Eat Well Live Well
- Chase Corporate Challenge
- AHA Go Red Day
- AHA Heart Walks
- AHA Blood Pressure Challenge
- Making Strides Walk
- Great American Smokeout
- Farmers Market
Fresh

UNIVERSITY of ROCHESTER

Farmers Market
March - October
Wednesdays • 3-6pm • Flaum Atrium, URMC
Role of Wellness Champion

- Identify potential ideas, strategies, and programs for enhancing wellness within your department
- Meet with Well-U staff to brainstorm, plan, and set wellness goals
Wellness Ideas

- Share a "Wellness Message" in staff meetings
- Organize a healthy potluck lunch or invite individuals to bring salad toppings to share for a healthy salad bar day.
- Organize group walks at lunch or break times.
- Promote enrollment for Eat Well. Live Well
Quarterly Events

- January - Champion Kick-off Breakfast
- April - Wellness Speaker/Training
- July - Round table discussion/brainstorming
- October - Healthy Potluck Social
1:1 Wellness Telephonic Consultation

Need some ideas for wellness in your department? New in 2016, telephonic wellness consultations!

- 15 minute phone call
- Contact Well-U to set it up
On-Going Communication

- Quarterly Champion E-Newsletters
- Champion Feedback
- Ensure privacy and confidentiality standards

well-u-info@rochester.edu
Promo Items

- Well-U T-shirts, tumblers, cinch-packs, etc.
- Department challenges
- Healthy incentives
Resources Available

- www.rochester.edu/well-u
- Well-U/YOURHealth brochures
- Well-U Weekly Wellness Newsletters
- Well-U Champion Newsletter
- 273-5240
Benefits

- Wellness leader
- Information, tools, and resources to lead a healthier lifestyle
- Develop peer, professional, and cross-campus relationships
- Well-U swag and recognition
Contact Information

Employee Wellness Line 585-273-5240

Information Box: well-u-info@rochester.edu

Website: www.rochester.edu/well-u

“Like” us on Facebook www.facebook.com/URWellU

Find us on the UR Mobile App
Final Thoughts...

“Congratulations on Becoming a Well-U Wellness Champion!”