NEW FOR 2015

CHAMPIONS:

Quarterly Newsletters
Well-U will provide Champions with quarterly Champion newsletters. Enrolling as a Champion automatically ensures you will receive the newsletters. Newsletters will include champion-specific information about upcoming events and challenges, champion spotlights, wellness articles, Well-U website highlights, and ideas for encouraging wellness within your department. Champion newsletters are scheduled for March, June, September, and December.

Quarterly Champion Events
Throughout 2015 there will be quarterly in-person Champion events, starting with the kickoff breakfast in January. Other events will be held in April, July, and October and will include a wellness speaker, round table discussion, and a champion social. Events will be communicated through champion newsletters.

Annual In-Person Meeting with Well-U Staff
Once per calendar year, a Well-U staff member will meet with the champions at your UR location to help brainstorm ways to make wellness successful in your specific area or department, gather feedback, and get to know the culture you are working within. Well-U will contact you to set up a time that works best.

Well-U Promotional Items
Organizing a wellness challenge within your department? Need t-shirts or other giveaways to incentivize healthy behaviors? Contact Well-U for Well-U branded promotional items to use within your department. Let us know what you have planned and we’ll send some items your way.

WELL-U:

Eligibility
Eligibility has changed for 2015.
- To receive a Biometric Screening, complete the online Personal Health Assessment, and participate in a Lifestyle and/or Condition Management program full and part-time employees and their spouses or domestic partners must be enrolled in a University Health Care Plan.
- Behavioral Health Partners requires no out-of-pocket cost for University employees and dependents 18+ enrolled in the YOUR PPO Copay Health Care Plan. YOUR HSA Eligible Plan members must first satisfy their deductible before paying no out-of-pocket cost for services.

Lifestyle Management Programs
The Healthy Living Center is offering two new Lifestyle Management programs this year:
- Basics for Building a Healthy Lifestyle - Looking to improve your health but not sure where to start? Get an introduction to information and tools that have been found useful to improve nutrition, increase physical activity, and overcome barriers to making lifestyle change. Topics will include ways to eat healthier, increase activity, and manage stress. Four weekly one-hour group sessions will be facilitated by a registered dietician, social worker, or exercise physiologist. Participants will receive a free pedometer.
- Physically Active You - Get expert tools, tips and strategies to develop your personal physical activity routine. Topics will include ways to measure and improve your cardiovascular fitness, muscle strength and flexibility, setting realistic goals, preventing injuries, and staying motivated. Group and individual sessions will be facilitated by an exercise specialist. Participants will receive a free pedometer.

To enroll, visit: [http://www.rochester.edu/working/hr/wellness/enroll/](http://www.rochester.edu/working/hr/wellness/enroll/)
Biometric Screening Form
As an alternative to receiving a Biometric Screening at the University, employees can get their numbers from their doctor by asking them to fill out a downloadable form, which includes all the numbers needed to complete the Personal Health Assessment. The form is located online at: https://urwell.rochester.edu/home/biometrics.aspx

YMCA Partnership
As of December 1, 2014, the University of Rochester is partnering with the YMCA of Greater Rochester and Canandaigua Family YMCA across 11 locations to offer discounts to regular full and part-time University of Rochester employees. New members pay no joining fee (up to $75 savings), and are given exclusive monthly membership rates (up to $120 annual savings). Already a member of the YMCA? Bring your University ID to your local YMCA to start receiving the discounted rate now! The YMCA is also offering UR employees corporate member rates on adult programs and classes, and youth programs, including youth sports, child care, and camps.