

# Wellness Program Resource Directory

If you want to enroll or have questions about the programs or opportunities available to you and your family in the Wellness Program, keep this Wellness Resource Directory to find the appropriate contact.

Questions	Service Provider	Contact Information	Questions	Service Provider	Contact Information
<b>Wellness assessment</b>	StayWell Health Management	800-926-5455 StayWell Health Management <a href="http://www.wellness.umn.edu">www.wellness.umn.edu</a>	<b>Healthy Living programs</b>	StayWell Health Management	800-926-5455 StayWell Health Management <a href="http://www.wellness.umn.edu">www.wellness.umn.edu</a>
<b>Health coaching by telephone</b>	Healthways	877-247-9204 Healthways <a href="http://www.wellness.umn.edu">www.wellness.umn.edu</a>	<b>HealthCare Choices</b>	Wellness Program	E-mail: <a href="mailto:well@umn.edu">well@umn.edu</a>
<b>Health coaching in person</b>	Duluth	218-726-6750 Employee Health & Wellness Center <a href="http://www.d.umn.edu/healthcoach">www.d.umn.edu/healthcoach</a>	<b>Walking program: HealthPartners 10,000 Steps®</b>	HealthPartners	952-883-7800 800-311-1052 <a href="http://uofm.10k-steps.com">uofm.10k-steps.com</a>
	Morris	320-589-6486 Regional Fitness Center <a href="http://www.regionalfitnesscenter.com/">www.regionalfitnesscenter.com/</a>	<b>24/7 Nurse line</b>	Ask Mayo Clinic	888-887-2593
	Twin Cities	612-625-3222 Boynton Health Service <a href="http://www.bhs.umn.edu/services/healthcoaching.htm">www.bhs.umn.edu/services/healthcoaching.htm</a>	<b>Wellness Program</b> (eligibility, wellness rewards)	Wellness Program	612-626-WELL (9355) 888-433-WELL (9355) E-mail: <a href="mailto:well@umn.edu">well@umn.edu</a>



Office of **Human Resources**

Wellness Program

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319 – 15th Avenue SE  
Minneapolis, MN 55455

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Permit No. 155

**Deadline:**

Take the wellness assessment **by April 30** to earn a **\$65** wellness reward.

Discover the rewards of better health.



Search

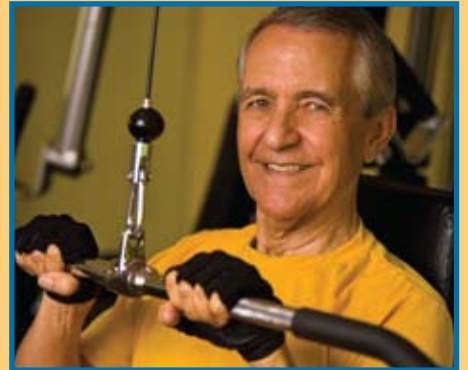
What's in the Wellness Program for me?



▶ Good health has its own rewards. Nevertheless, the University of Minnesota will offer you financial rewards to participate in the Wellness Program. When you and your spouse or same-sex domestic partner assess and then change your health habits, we will pay (up to \$130/person per year) for your commitment to wellness.

# Why wellness?

Nothing plays a stronger role in determining how healthy we are than the choices we make – what we eat, if we exercise, or how we manage stress. Because your health and well-being are important to us, the University is offering financial incentives to help you and your family make better lifestyle choices. When covered by the UPlan Medical Program, you and your spouse or same-sex domestic partner can *each* earn two \$65 wellness rewards this calendar year. What are you waiting for?



## Wellness one step at a time

### First, get paid \$65 to assess your health

Your path to better health begins when you (or your UPlan-covered spouse/partner) complete the wellness assessment at [www.wellness.umn.edu](http://www.wellness.umn.edu). Take 20 minutes to answer questions about your health history, nutrition, and physical activity. The assessment is easy and confidential. As a University employee you may take it during your scheduled work day. The online questionnaire gives you immediate feedback about your health risks and offers health improvement suggestions. To request a paper version of the assessment, call the StayWell Helpline at **800-926-5455**.

#### Know your numbers

The assessment requires knowing your height and weight. However, providing additional measurements, such as your blood pressure, will enhance your results. Find health screenings near you at: [www.wellness.umn.edu](http://www.wellness.umn.edu)

### Next, get paid another \$65 to take steps to improve your health

Complete one or more of the UPlan-sponsored health improvement programs and you can earn a second \$65 wellness reward for the calendar year. Get started at [www.wellness.umn.edu](http://www.wellness.umn.edu)

- **Online *Healthy Living* programs:** Choose from a dozen six-week online programs to achieve your personal wellness goals. Visit the wellness assessment Web site to enroll.
- **Walking program:** Participate in HealthPartners 10,000 Steps® to receive a free pedometer. Log 28 days of physical activity online within a 56 day period. Need a paper log? Call **800-311-1052**
- **HealthCare Choices:** Learn more about your choices as a health care consumer. You can only complete the three-part interactive program once to earn a \$65-wellness reward for this program.
- **Health coaching:** Receive motivational support over the phone or in person from a trained professional to eat better, lose weight, or to be more active and bring about lasting change.

**By telephone:** 877-247-9204

**In person:**

Duluth  
218-726-6750

Morris  
320-589-6486

Twin Cities  
612-625-3222

Discover [www.wellness.umn.edu](http://www.wellness.umn.edu)



Pointing the way toward wellness

### Get paid to exercise with Fitness Rewards

UPlan Medical Program members have an added incentive to head to the gym. When you belong to the Fitness Rewards program and visit a participating health club **eight times each month** you can receive up to a \$20-per month reimbursement in your club membership dues.

### 24/7 Ask Mayo Clinic nurse line

A Mayo Clinic registered nurse is available day or night to help you handle an illness or injury. This service is offered at no charge to University employees and family members when you call **888-887-2593**



This publication is available in alternative formats. Telephone: 612-624-9090

#### Wellness Program

200 Donhowe (DelCode 3122)  
319 – 15th Avenue SE  
Minneapolis, MN 55455

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