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How can I benefit from a health coach?



Discover

www.wellness.umn.edu

Fall 2008

Take steps to optimum health

Increasingly these days we are being asked to assume more responsibility for our personal health and well-being. As University employees many of us are responding positively to this notion. This spring more than 10,000 faculty, staff, and their family members took 20 minutes to complete the UPlan Wellness Assessment.

Now it is time to take the next step to better health. Renew the commitment you've made to yourself to eat better, lose weight, or simply do what it takes to look and feel better. Then, take advantage of health improvement opportunities to get the support you need to make healthier choices.

Health coaching by phone or in person

Connect with a health coach over the phone for encouragement to make lifestyle changes or manage a medical condition. Call Healthways at 1-877-247-9204.

In person health coaching is also available on the Twin Cities, Duluth and Morris campuses. (See the back page for details.)

Motivation to move more

The HealthPartners 10,000 Steps[®] program is open to all University employees. You'll receive a free pedometer, get e-health tips, and be required to track 28 days of



physical activity within a period of eight consecutive weeks beginning with enrollment.

Self-paced online instruction

Enroll in *Healthy Living* programs hosted by StayWell Online to reduce stress, quit smoking, or make smarter choices nutrition-wise.

Coming this fall — HealthCare Choices

In September *HealthCare Choices* will be available. It is a Web-based program to help you improve your ability to make prudent, cost-effective, and appropriate decisions about medical care for you and your family.

When you (or your spouse or same-sex domestic partner if also covered by the UPlan) successfully complete one follow-up health improvement program, you can *each* earn a second \$65 UPlan Wellness Reward for the 2008 calendar year.

Learn more at: www.healthconnections.umn.edu

Why walk?

For the health of it!



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HealthPartners® 10,000 Steps® Program

- motivation to move more
- receive a free pedometer
- get e-health tips
- track physical activity over 8 weeks*
- UPlan members can earn a \$65 Wellness Reward for completing the program

*Track 28 days of physical activity within a period of eight consecutive weeks beginning with enrollment.

Register at:
www.wellness.umn.edu
Enter promotional code: **ustep08**

Open to all University employees



Uncertain about your \$65 Rewards?

Each UPlan member, including your spouse/same-sex domestic partner, can earn *two* \$65 UPlan Wellness Rewards for each calendar year. One \$65 reward is paid for completing the UPlan Wellness Assessment and the other \$65 reward is paid upon completion of a follow-up health improvement program.

The UPlan Wellness Reward will appear on your employee pay statement. The \$65 reward is paid approximately three pay periods after the program has been completed. Any reward earned by your spouse or partner will also appear on your pay statement.

Toward which year does my reward count?

UPlan Wellness Rewards for follow-up health improvement programs are awarded based on the calendar year in which you or you partner initially enrolled in a follow-up health improvement program.

For example, if you start a 12-month health coaching program in June 2008 and complete the required number of coaching sessions in June 2009, even though the reward is paid in 2009, it still is considered to be your 2008 health improvement program reward. This leaves the door open for you to enroll in a health improvement program for 2009 in order to earn your second 2009 UPlan Wellness Reward.

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For more information about programs and services visit:
www.wellness.umn.edu

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It pays to exercise

The UPlan Fitness Rewards program can motivate you to stay or get in shape. When you exercise eight times or more a month at a participating fitness center, you can receive a membership dues reimbursement of up to \$20 per month.

The UPlan Fitness Rewards program ties directly to two existing fitness incentive programs: *Frequent Fitness* from HealthPartners and *Fit Choices* through Medica. The network of participating fitness centers includes the U rec centers at the Duluth and Twin Cities campuses and the Regional Fitness Center in Morris.

Your fitness center and the network

New fitness facilities are added to the health plan networks every month; notably, many of the Curves and Anytime Fitness locations in the coverage region have been added to the Medica and the HealthPartners networks. If you are a member of a fitness center that is not currently listed among the participating facilities, contact your health plan

customer service representative. It is up to Medica's Fit Choices and HealthPartners' Frequent Fitness administrators to negotiate with your preferred facility to add it to the network. Take into consideration, however, that one of the plans' requirements for inclusion in the network is this: the club has to be able to electronically swipe a member's card to record visits and send the information to the medical plans.

Enroll now

You can sign up online if you exercise at the U rec centers or sign up on site at your fitness center near where you live. You'll need to have your medical member ID card with you to register for Fitness Rewards. It takes about two months to see the financial pay off — employees who signed up in January and exercised eight times began seeing the reward in March. The reimbursement will show up either as a reduction in fitness center monthly dues or as a direct deposit into your checking or savings account, depending on the fitness center's payment process.

Please contact the Employee Wellness Program at well@umn.edu to request that you would like your preferred club to be included in the network. To check the full list of participating fitness centers and health clubs, go online to the Web sites for HealthPartners and Medica.

Visit www.wellness.umn.edu and follow this link to the University's health plan providers:

Medica

952-992-1814 or 1-877-252-5558

HealthPartners

952-883-5000 or 1-800-883-2177

Search Results Convenient access to motivational support.



A health coach can help bridge the gap between where you are now and where you want to be in terms of your personal health and well-being. "Whether it's over the phone or in person, your health coach can help design an individualized behavior health plan for you," says Angie Berlinger, B.S., an ACSM certified exercise specialist at the University of Minnesota, Morris. "As your health coach, I can help assess your interests and needs, share program options and resources, and help you set realistic goals."





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 University of Minnesota Duluth
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 1120 Kirby Drive
 Duluth, MN 55812

Web site:
<http://www.d.umn.edu/umdwelness>

Farmers Market underway through September 24

The Lake Superior Sustainable Farming Association (SFA) brings fresh produce, flowers, meat, eggs, herbs, plants, and more to market every Wednesday from 2 p.m. to 4:30 p.m. (or until sold out) on the UMD Kirby Plaza Bus Hub. The market is sponsored by the UMD Wellness Program, UMD Human Resources, UMD Stores, and Auxiliary Services.

Learn more at: www.d.umn.edu/umdhr/welness/farmersmarket



On the road to better health with UMD Health and Wellness Center Wellness Coaching • Medication Therapy Management • QuickCare Clinic

Good health means much more than just the absence of illness. Maintaining and improving your health can profoundly impact the quality of your life.

The UMD Employee Health and Wellness Center offers:

Wellness Coaching

A health coach can provide unbiased health information to help you develop a personalized plan to effectively change behavior. In addition to offering motivational support the coach can help you and your UPlan-covered spouse or same-sex domestic partner:

- explore what the wellness program has to offer
- set realistic fitness and nutrition goals
- design an action plan to overcome lifestyle barriers

For an appointment, telephone: 218-726-6750, or e-mail: mycoach@d.umn.edu

Medication Therapy Management

If you are covered by the UPlan and taking at least four medications to treat two or more conditions, you are eligible to meet with a pharmacist to review your meds

and learn how to maximize their effectiveness. For an appointment, telephone: 218-726-6750, or email: mtm@d.umn.edu

QuickCare Clinic

Open to all UMD employees, this walk-in clinic offers treatment of minor illnesses such as sore throat, ear pain, and seasonal allergies. Cholesterol and blood glucose tests along with blood pressure checks are free. No appointment is necessary. For more information, telephone: 218-726-8666 or e-mail: qcare@d.umn.edu

