Be Well UC Overview

What are the key components of Be Well UC?

We will share more specific dates and information soon, but here is brief outline of program components:

- Our new wellness portal, powered by Asset Health, will provide opportunities for eligible employees to earn points towards program incentives
- Health screenings will be available at various locations across campus September through November
- An online health assessment will be available through the Asset Health portal
- Lunch and learn sessions with a diversity of options falling under our 5 categories: Feel Well, Live Well, Eat Well, Move Well and Save Well.
- Individual and team challenges to help work toward goals in fitness, nutrition and stress management
- Opportunities for goal setting related to nutrition and physical activity will be available via the Asset Health portal
- A website dedicated to providing you with resources, information and tools to use in your daily life to create healthy habits

Please see the below information to learn more about what Be Well UC can provide for you as a faculty/staff member of the University of Cincinnati.
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General Program Questions

**What is Be Well UC?**

Did you know the easiest way to create good health is to start today by taking small steps towards better health?

UC’s new employee wellness program – Be Well UC – has been designed to educate, support and empower UC faculty and staff to make healthy lifestyle choices while building an overall culture of health for our campus and community.

**Why is UC implementing an employee wellness program?**

UC is implementing Be Well UC because we are committed to the health and wellbeing of our faculty and staff.

The program provides health tools, education, and personal support that can reduce your health risks and lower or prevent the development of chronic diseases.

**Who was involved in the design of Be Well UC?**

The UC Wellness Advisory Committee is a collaborative group of faculty and staff from multiple colleges and departments throughout the university. Faculty from the Colleges of Medicine, Allied Health Sciences, Nursing, Pharmacy, Health Promotion and Education and staff from University Health Services, Utilities, Campus Recreation and Human Resources have been working together over the past 8 months planning the new worksite wellness program for UC faculty and staff.

The committee has partnered with Asset Health, a recognized leader in knowledge management and health care strategy, for the program design and implementation. The program will offer a number of voluntary health and wellness opportunities including nutrition, fitness, and stress management activities as well as educational seminars, lifestyle management coaching, challenges, health screenings, and incentives for participating. The program will include opportunities for health profession students and will be launched in late summer 2015.

Here is where you can learn more about the Wellness Advisory Committee, including a listing of current WAC members.

Learn more about our history, including how we got our name, by visiting the About Us page.

**Am I required to participate in Be Well UC?**

No, participation is voluntary. However, by participating, you have the opportunity to learn more about your health, with the potential to earn incentives.
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Is there any cost to me for participating in Be Well UC?

No. There is no cost to you for participating in the Be Well UC program.

I’m healthy. How do I benefit from Be Well UC?

Incentives are not based on health status – but rather participation. As a healthy individual, participating in Be Well UC programming will allow you to earn you incentives while building a community and developing a culture of health on campus. Be Well UC is a way to continue to develop all dimensions of wellness. Social wellness, for example, is something we all can do to stay connected to one another at work.

How long will this program continue?

There is no end date to the program at this time. The program will continue as long as budget allows.

How can I get involved in Be Well UC or share an idea?

Some ways to be involved with the Be Well UC program include:

- Share information about the Be Well UC program during departmental meetings or contact us to schedule a time for UC’s wellness coordinator (Ashley Varol) to visit your department.
- Consider becoming a Wellness Ambassador. Check for more information on the Wellness Ambassador page.
- Use #BeWellUC when you are making healthy choices on campus (please review the social media guidelines)

Your ideas are always welcome! Please submit ideas and suggestions using the Contact Us page.

Eligibility

Who is eligible to participate?

Any UC employee is able to participate in Be Well UC. However, in order to be eligible to earn Be Well UC incentives, you must be actively employed as a UC faculty or staff member AND enrolled in a UC medical plan as the primary subscriber.

I am a UC employee enrolled under my spouse/partner's medical plan (also a UC employee). Am I eligible to earn a Be Well UC incentive?

Not at this time. Covered spouses/domestic partners may be eligible to earn incentives in future years.

There are other ways, however, that you can work toward a common goal with your spouse/domestic partner that we’d recommend:
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- You can still login to the portal and benefit from the health education resources and tools. Simply use your spouse/partner's 6+2 with an "S" at the end as the portal shares and set up your own account. Though you won't earn an additional incentive for this - it could be great conversation for the dinner table!
- As a medical plan subscriber, you do have preventive screens covered. You can download the healthcare provider form, visit your primary care provider for a well-visit and ask for the same screens to be performed and recorded (blood pressure, BMI, glucose and cholesterol) and compare the numbers with your spouse. We plan to launch health coaching in 2016, which would give you an opportunity to discuss your results with a Be Well UC team member.
- As an Anthem member, you also have the benefit of a health assessment that is similar to what your spouse/partner will take available to you on their website. Simply login, go to the health/wellness tab, and take the assessment. If you do this after getting your numbers from your provider, you can transfer them into the assessment and get pretty comparable information to what your spouse/partner will receive.

**My medical coverage is effective on November 1, 2015. Am I eligible to earn the Step 1 incentive? Am I eligible to earn the Be Well UC incentive?**

You will not be eligible for the Gateway screening incentive if your coverage was effective on or after December 1, 2015, however, you are eligible for the Be Well UC incentive (up to $240).

The first step in being eligible to earn a Be Well UC incentive is to complete your health screening and health assessment.

You can complete the health screening in the following ways:

Visit your primary care doctor or other provider and ask them to submit [this form](#) on your behalf

If you’ve had the same tests completed (within the previous 12 months), ask your doctor’s office staff to submit [this form](#) on your behalf

You can complete the health assessment via the Asset Health portal. You will be able to access the Asset Health portal on the date your UC medical plan coverage is effective.

Once you can access the portal, you can begin tracking your points.

The above applies to individuals whose medical plan coverage is effective between November 1 and December 31, 2015.

**My medical coverage is effective on January 1, 2016. Am I eligible to earn the Step 1 incentive? Am I eligible to earn the Step 2 incentive?**

You will not be eligible for the Step 1 incentive if your coverage was effective after December 1, 2015, however, you are eligible for a *pro-rated* portion of the Step 2 incentive.
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<table>
<thead>
<tr>
<th>Medical Plan Effective Date</th>
<th>You can earn this percentage of Be Well UC Incentive</th>
</tr>
</thead>
<tbody>
<tr>
<td>01/01 – 03/31</td>
<td>75%</td>
</tr>
<tr>
<td>04/01 – 06/30</td>
<td>50%</td>
</tr>
<tr>
<td>07/01 – 08/31</td>
<td>25%</td>
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</tbody>
</table>

Program year starts over on September 1, 2016.

The first step in being eligible to earn a Be Well UC incentive is to complete your health screening and health assessment.

You can complete the health screening in the following ways:

Visit your primary care doctor or other provider and ask them to submit [this form](#) on your behalf

If you’ve had the same tests completed (within the previous 12 months), ask your doctor’s office staff to submit [this form](#) on your behalf

You can complete the health assessment via the [Asset Health portal](#). You will be able to access the Asset Health portal on the date your UC medical plan coverage is effective.

Once you can access the portal, you can begin tracking your points.

**I am retiring in June 2016. Will I receive partial credit for the incentives I’ve earned by my retirement date?**

You must be actively employed at the time the Be Well UC incentive is awarded in order to earn the incentive. The Be Well UC incentive will be distributed in January 2017.

**What if I go on Leave – am I still able to earn the incentive?**

As long as you are actively employed (including on a UC-approved paid or unpaid Leave) at the time the incentive is distributed, you are eligible to earn the incentive.

**What if I have a health condition that prevents me from completing the program?**

If you have any health condition that would prevent you from completing any portion of the program, we would be happy to provide a reasonable alternative. Contact the Be Well UC wellness coordinator by phone at (513) 556-3729 or by email at Ashley.Varol@uc.edu.

**Even though I am not eligible for the incentive – what can I do in order to participate in Be Well UC?**

We do hope you’ll join us at the lunch and learns and other wellness focused events we will host on campus. Besides the great education, support and empowerment you’ll get from engaging with the program, additional awards will be offered at other Be Well UC events will be available to everyone in attendance.
Getting Started & Earning Incentives

**How do I get started?**

To get started, go to assethealth.com/bewelluc and login or create your Asset Health account. You will need your UC 6+2 login credentials to set up your account. Once logged in you can complete the health assessment and schedule a screening.

The Quick Start Guide will walk you step by step through the log in process.

**What steps do I take to earn incentives?**

There are two steps to earning Be Well UC incentives:

- **STEP ONE:** includes completing a health assessment and a health screening
- **STEP TWO:** complete any combination of Be Well points to reach the Bronze, Silver or Gold level incentive level, which is rewarded as a lump sum payment in January 2017.

What is the incentive and when will my incentive be paid?

There are two opportunities to earn a Be Well UC incentive.

Upon completion of STEP ONE, you will earn a $25 Amazon gift card. The Amazon card will be sent to you electronically via your UC email account.

Upon completion of STEP TWO, you can earn up to $240 cash incentive paid in January 2017 via your UC paycheck. You must complete STEP ONE in order to earn the STEP TWO incentive.

Why isn’t the incentive being rewarded sooner?

The incentive will be distributed after a program year has been completed and all points have been verified.

Will taxes be withheld?

Yes, as required by law.

**How do I report my Be Well UC activities?**

You will report your activities via the Asset Health portal. You can report your activities via any computer or device with internet access.

**I don’t have access to a PC, how can I enter points?**

You can enter points from any device that has internet. At some Be Well UC events, there will also be computers set up for logging in that you can use to log activities. You are welcome to use the computer kiosks
in the Central HR lobby or in any of the UC libraries. Most public libraries also have computers available for public use.

**What if I wait until the third quarter to begin earning points? Can I still earn the full incentive?**

Yes. You can earn the full incentive regardless of when you begin earning points. You are eligible for STEP TWO incentives provided you complete STEP ONE.

**How will Be Well UC points be verified?**

The majority of points are ‘self-report’ meaning that you will enter information about your activities via the Asset Health portal. You will simply check a box online certifying you attended an event, had your annual physical or dental exam, etc.

Other events – such as completion of an Asset Health challenge – will be verified by Asset Health because completion of the activity is taking place via the portal.

**How are the point levels determined?**

The point structure was designed with input from individuals across the university. The incentives were designed to provide a variety of options, both live and online, and were decided based on level of perceived effort it would take to complete (i.e., the 4 week challenge is 40 points vs. the 6 week challenge is 60 points).

We hope you stay engaged with the program throughout the year as we continue to add new ways to help you earn your incentives.

**How long will I have to accumulate points?**

The program year is September 1, 2015 through August 31, 2016. You can earn points any time during this 12 month period.

**Can I complete the Asset Health portal registration, health assessment and health screenings during work time? Do I have to use sick or vacation time?**

You may attend an onsite health screening during your workday; please coordinate your schedule with your supervisor and department. Vacation or sick time should not be required.

Employees are encouraged to complete the Asset Health Portal registration and health assessment during work time using a University computer. The assessment takes 15 – 20 minutes to complete. If you do not have access to a computer please visit HR.

**What happens if I earn my incentive but am not employed by UC when the payment is made?**
You must be actively employed (or on an approved Leave of Absence) at the time the incentive is distributed in order to receive it.

Health Assessment

**What is a health assessment?**

The Health Assessment is an online questionnaire designed to evaluate your risk for potential conditions and make recommendations based on the information you provided. The online assessment will take approximately 15 minutes to complete. Please read each question carefully and answer as accurately as possible. All information is treated confidentially.

**Do I have to complete the health assessment prior to my screening?**

No. The online health assessment may be completed before or after your health screening. Both the screening and the health assessment must be completed by November 30, 2015 in order for you to be eligible for the Step 1 incentive.

**How do I complete my health assessment?**

Start by creating an account on the [Asset Health portal](#). Visit the Quick Guide here if you need assistance getting started.

Once you have logged in, you’ll see the tab labeled Screening & Assessment, which will take you to the tool. Completing the health assessment and health screening will be required to earn the Step 1 incentive. Once you’ve earned the Step 1 incentive, you are eligible to be earning Be Well UC points. See below for additional information about both.

**When can I complete my health assessment?**

The health assessment is available online and can be completed on any computer or device with internet access at any time.

**What happens when I complete my health assessment?**

All information provided in the health assessment will be compared to your screening results and a comprehensive report sharing your health status, risks and recommendations will appear on your portal profile. You are the only person who will have access to this information, which will help you learn more about yourself, your results and what you can do to continue to Be Well!

Health Screening

**What is a health screening?**
The health screening will provide employees with an opportunity to have their blood pressure, total and HDL cholesterol, glucose and BMI measurements checked. Cholesterol and glucose screening do require a single finger stick test which will be performed at the time of your health screening. The results will be determined within 10 minutes and will be recorded for you by the screening team staff.

Afterward, each individual participating in the screening will receive his or her results on-site along with coaching to help set goals to improve any of the health measures. For more information about the tests and what they mean, click here (link to health screening page)

Privacy screens will be used to ensure confidentiality.

**What does the health screening entail?**

**Blood pressure:** Blood pressure is the force of blood against your artery walls as it circulates through your body. Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time. Having high blood pressure raises your risk for heart disease and stroke. Measuring your blood pressure is quick and painless. The nurse will wrap an inflatable cuff with a pressure gauge around your arm to squeeze the blood vessels. Then he or she will listen to your pulse with a stethoscope while releasing air from the cuff and watching the gauge.

**Cholesterol:** High Density Lipoprotein (HDL), i.e. “good cholesterol, Low Density Lipoprotein (LDL), i.e. “bad cholesterol”, total cholesterol, and triglycerides: Cholesterol is a waxy, fat-like substance that your body needs; however, when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke. Cholesterol levels will be checked by gathering a small blood sample through a finger prick.

**Blood Glucose:** Blood glucose is a type of sugar in your blood. Normally, your blood glucose levels increase slightly after you eat. This increase causes your pancreas to release insulin so that your blood glucose levels do not get too high. Blood glucose levels that remain high over time can damage your eyes, kidneys, nerves, and blood vessels. Blood glucose tests are done to check for diabetes, monitor treatment of diabetes, and determine if an abnormally low blood sugar level (hypoglycemia) is present. Glucose levels are checked by gathering a small blood sample through a finger prick.

**Body Mass Index:** Body Mass Index (BMI) is a number calculated from your height and weight. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

**Can I eat prior to my screening?**

Yes. You are not required to fast before the health screening.

**Will my health information be held confidential?**
Yes. Personal health information received through the program is stored in a safe and secure manner. The University of Cincinnati will not have access to any of your medical records. The only information that will be available to University of Cincinnati from this program is whether you completed the health assessment and screening (not what your results were), so that you can receive the incentive.

Are the results accurate?

Yes. The results you receive are similar to what you’d receive at your physician’s office. The health screening is conducted by trained professionals using calibrated equipment from a third party vendor which is contractually required to perform quality control checks to ensure accuracy. It is, however, always advised to review any and all data received with your physician so they can be aware of your health status over time.

I don’t like to have blood drawn. Will this test hurt?

No one looks forward to getting their blood drawn, but the procedure is usually brief and uneventful. The test will only hurt for a moment. Pinch the fleshy, soft underside of your arm. That pinch is similar to what you will feel when the needle is inserted.

Will I have to pay for the screening?

No. There is no cost to you for participating in a screening provided on campus.

What if I can’t attend one of the on campus health screenings due to schedule conflicts or because my primary work location is outside of the Greater Cincinnati area? What are my options for the health screening?

If you cannot complete one of the on campus screenings, you have the following additional options:

- Visit your primary care doctor or other provider and ask them to submit this form (linked to screening form to submit) on your behalf prior to (date the third party vendor will need to receive them by 11/15/15 for input by 11/30/15);
- If you’ve had the same tests completed within the previous 12 months (any time since August 2014), ask your doctor’s office staff to submit this form on your behalf prior by 11/15/2015;

When are the health screenings held?

The health screening will be held on campus between 9/1/15-11/30/15.

<table>
<thead>
<tr>
<th>Location</th>
<th>Screening Date</th>
<th>Screening Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUC/400C</td>
<td>9/30/15</td>
<td>8a-6p</td>
</tr>
<tr>
<td>TUC/400C</td>
<td>10/1/15</td>
<td>8a-6p</td>
</tr>
</tbody>
</table>
How do I schedule my health screening? What if I have to reschedule?

Schedule an appointment to complete your health screening on campus by logging into the Asset Health Portal.

If you need to reschedule, logon to the portal, cancel your existing appointment and reschedule for a later date.

Can I share my results with my Primary Care Physician?

Yes. We strongly encourage you to share your health assessment and screening results with your provider. You will receive a copy of your results at your health screening and you can print the results of your health assessment from the Asset Health portal.

What do I do if my doctor wants to do more tests beyond the screenings in this program?

Your doctor may request that you complete additional screenings. Any discussions regarding additional screenings is between you and your doctor.

My doctor does not recommend that I receive the screenings listed because of my current health condition. Can I still participate? Will I still be eligible for the incentive?

Yes. If a current health condition prevents you from receiving all screenings, please have your doctor provide a signed note stating that he or she does not recommend these screenings. You will still be eligible for the incentive if you complete the steps that your doctor agrees to.

Will you share my screening results with my health care provider?

We will not communicate your screening results with your health care provider, but we strongly encourage you to do so. You will receive a copy of your results at the health screening, or you can print your screening results and personal health assessment at any time and share them with your health care provider. In the future, it may be possible to link your Asset Health account to your health care record, but this will always be your decision.
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Programming Options and How to Earn Points

Where can I find listing of what is approved to earn points?

All programming related to Be Well UC will be available on the website – www.uc.edu/hr/bewelluc/incentives. The Incentives page will provide an overview of all items that will earn points as well as links to the pages where you can learn more about each program or activity.

Where do I find out about upcoming Be Well UC activities?

You will find all details about upcoming events within the Be Well UC website. Start by checking out the calendar or by visiting the monthly spotlight page, which will share the particular month’s activity highlights as well as educational materials that coincide.

How many points are needed to earn an incentive?

Points are accumulated over the program year. Once STEP 1 is completed, you are able to receive the following incentives based on the Be Well points you earn:

<table>
<thead>
<tr>
<th>Points Earned</th>
<th>Point Level</th>
<th>Incentive Premium Reduction Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>240 points</td>
<td>Gold</td>
<td>$240</td>
</tr>
<tr>
<td>180 points</td>
<td>Silver</td>
<td>$180</td>
</tr>
<tr>
<td>120 points</td>
<td>Bronze</td>
<td>$120</td>
</tr>
</tbody>
</table>

Can any activity related to health and wellness count for points?

Setting and tracking goals can earn you points monthly – and can be geared toward healthful eating habits or movement goals including strength, cardio and stretching. By creating your own personalized goal, you can track whatever form of movement you wish to, and earn points while doing so.

I work out at a gym in my neighborhood three times a week. Can I earn an incentive for doing so?

That’s great! Finding a place to work out that is convenient to you is a great way to stay on track toward your personal goals. At this time, we do not attribute points automatically for utilizing any specific facility or program for fitness, however, you can set a fitness goal focused on strength, cardio or stretching and earn points for completing that goal monthly.

I am a Rec Rewards member at the UC Rec Center. Can I earn an incentive for being a part of the program?
The Rec Rewards program is a fantastic way to stick with your fitness goals and that provides an amazing financial benefit for being consistent with your exercise. At this time, we do not attribute points automatically for utilizing any specific facility or program for fitness, however, you can set a fitness goal focused on strength, cardio or stretching and earn points for completing that goal monthly.

**We have an awesome Wellness Ambassador in our department and a lot of wellness activities. Will all of these qualify?**

While we can’t attribute points to every activity toward wellness you complete, we do want to encourage you to stay connected with others as this is a great way to stay motivated toward healthy behaviors.

**Lunch & Learns**

**How do I find out about lunch and learns?**

Check out the calendar of events on the Be Well UC website.

**Can my spouse/partner attend a lunch and learn with me?**

Yes, your spouse/partner is welcome to attend with you.

**How do I register for a Lunch and Learn session?**

You will register using the [HR Training Opportunities (HRTO)](HRTO) registration process.

**Are L&L sessions streamed?**

At this time, no, however we are researching this possibility for the future.

**How do I cancel my registration for a L&L?**

You cancel your registration using the [HR Training Opportunities (HRTO)](HRTO) site. If you are unable to attend, please cancel your registration at least 24 hours prior to the event.

**Can I request a specific L&L topic for my unit?**

Yes. Please send your request to our program using the [Contact Us](Contact Us) form.

**Asset Health Portal Questions**

**Who is Asset Health?**

Asset Health is a nationally accredited, independent health and wellness company that provides a variety of health and wellness services designed to help you achieve healthier living.

**How do I set up an account on the Asset Health portal?**
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Asset Health will send you an initial email with instructions on how to log in. You can also go directly to www.assethealth.com/bewelluc.

What if I don’t have access to a computer? How can I meet program requirements?

If you do not have access to a computer, you can still participate. Computers are available in computer labs across campus, in UC HR, or at your local library. The Asset Health portal is also accessible from any device with internet access.

What if I have trouble signing up?

Please contact Asset Health at 855-444-1255 or support@assethealth.com.

I forgot my Asset Health password. What do I do?

Please contact Asset Health at 855-444-1255 or support@assethealth.com.

Is my information on the portal visible by others?

Your personal information on the portal is completely confidential and only visible by you.

What other resources are available to me on campus besides Be Well UC?

Anthem/UC Medical Plan - 100% coverage for preventive care as described in plan documentation

Visit our Health Plan Information available on the HR/Benefits site to learn more about Anthem and your plan, and to download important documents you may need.

Campus Recreation / Rec Rewards Membership

Campus Recreation offers a state-of-the-art fitness facility that offers exercise opportunities for people of all fitness levels! The Rec Center offers UC employees a wide range of exercise and fitness opportunities such as group fitness, personal training, swimming, rock climbing, and massage therapy. Check out the Rec Rewards site for more information on an incredible way to earn back your money spent on fitness.

Castlight

Learn more about Castlight, a service that can help you make the most of your healthcare dollar by allowing you an opportunity to search services and costs as well as learn about the physicians and facilities you are planning to visit. This comparison tool can really help you know all the important information before you book an appointment!

Employee Disability Services
Be Well UC – FAQs

Contact Employee Disability Services (513-584-4482) any time you have questions related to return-to-work, transitional work, workplace accommodations, or need help exploring funding resources for rehabilitation interventions and work accommodations.

Environmental Health & Safety

Environmental Health & Safety offers a variety of services for faculty and staff. Visit their FAQs page to learn more about questions you may have about the EH&S office and to learn how they can assist you with your work.

Humana/UC Dental Plan

Our dental carrier, Humana, offers coverage for eligible dental expenses, with the summary of those benefits listed on the HR/Benefits dental site.

Impact Solutions - Employee Assistance Plan (myimpactsolution.com)

Impact Solutions is your Employee Assistance and Work/Life Program. Impact EAP will offer our employees unlimited phone consultation with a live mental health professional 24 hours a day, 365 days a year. Face-to-face counseling is also available, with up to five sessions included per problem occurrence. Assistance will be available to all benefits eligible employees and their household members, dependents living away from home, as well as parents and parents-in-law.

- Contact Impact Solutions 24/7/365 by calling 800-227-6007
- For additional information, log on to the myimpactsolution.com website Our member log in: bearcats
- All UC employees use the same login – no information is stored and nothing can be tracked back to the user

Ergonomic evaluations

Ergonomics is the study of how work is performed, and emphasizes the physical stresses caused by repetitive stresses. Illnesses such as Carpal Tunnel Syndrome and Back Strains are investigated. Call 556-4968 to request an ergonomic assessment, as shared on the Environmental Health & Safety website.

Flu shots

Flu shots are offered annually as part of our Benefits Fair. Check back for links to schedule an appointment and for the consent form.

Lactation rooms
Be Well UC – FAQs

Employers are required to provide reasonable break time for an employee to express breast milk for nursing children up to one year due to policy updates in the Affordable Care Act. Here is where you can find more information about locations and policies for breastfeeding on campus.

Retirement/Savings Help

Visit the Retirement/Savings website and the Save Well page to learn more about lunch and learn topics, retirement vendor visits and more.

UC Health & UC Physician’s

UC Health and UC Physicians are partnered with UC and their employees. UC employees and their dependents are eligible for copay and co-insurance savings as outlined here.

University Health Services

University Health Services provides health care and health education to students and faculty at the University. Check out their website to see what services they have to offer you as an employee.

Weight Watchers at Work

The Weight Watchers program is focused on a method called Points Plus, which is based upon new weight loss scientific research and promotes an even healthier lifestyle. Follow this link for more detailed information about joining Weight Watchers at Work and the Monday WW meeting.

- You are welcome to attend a meeting any one Monday as a visitor. If you decide to join, you will enroll on the Weight Watchers portal following these instructions for UC WW at Work Enrollment (please bring a copy of your membership card to your first meeting).
- Read what current and former UC members have said about the UC Weight Watchers at Work program.
- For more information, contact Kathy Stites via email at stiteskk@uc.edu, or by phone at 513-558-8404.

Privacy

How will you protect my privacy at the health screening?

Health screenings take place in large group settings, but the utmost care is taken to ensure your comfort and privacy. Screeners are trained in confidentiality, and you can request that your screening be conducted apart from the main screening area. If you choose not to attend an onsite screening, you can have your health screening done by appointment through your own health care provider.

Why is the university asking me about my health?
Be Well UC – FAQs

The University is committed to maintaining the health and well-being of our workforce. Part of this commitment is in providing high-quality benefit plans at a reasonable cost to the university and to the employee.

A key factor in improving the health of our workforce is early detection of chronic health conditions, as well as supporting faculty and staff in managing health risks. The Be Well UC program allows participants to gain valuable health information, and informs university leadership on the overall needs and health status of our workforce.

Will my personal health information be kept private?

Yes. Personal health information received through the program is stored in a safe and secure manner. The University of Cincinnati will not have access to any of your medical records. The only information that will be available to UC from this program is whether you completed the health assessment and screening (not what your results were), so that you can receive the incentive(s).

All reports received by UC will be in aggregate form, for example "30% of UC faculty and staff have an elevated blood pressure that demonstrates a higher risk of cardiovascular disease" which will help us to provide programming, education and incentives around learning about this topic.

Who receives my health information from this program?

Only you and the health screening team on-site can view the actual results. To protect your privacy, the University of Cincinnati does not receive person-specific results, but only large group-level information that DOES NOT include your name or any other identifiers. All reports received by UC will be in aggregate form, for example "30% of UC faculty and staff have an elevated blood pressure that demonstrates a higher risk of cardiovascular disease" which will help us to provide programming, education and incentives around learning about this topic.

Will my supervisor have access to my health information?

Your health information will NEVER be disclosed to your supervisor.

How will my health information be used?

Health information has two basic uses. First, the information is given to you as feedback with recommendations to maintain and improve your health. Second, health information from all participants is used for planning and program development purposes, but only in an aggregate format and not in any form that can identify you as an individual.