Take the **Steps** to Be Well

*Please check the website for incentive eligibility and for answers to frequently asked questions.

Login to the Asset Health Portal*, where you’ll see your progress toward Step 1 & Step 2: [www.assethealth.com/bewelluc](http://www.assethealth.com/bewelluc)

---

**Complete:**
Step 1 is as simple as:
- Health Screening (bring healthcare provider form with you to appointment)
- Health Assessment (complete on portal)
- Once both are complete, you’ll have access to a personalized report and data will be accessible on portal.

---

**Choose:**
Step 2 program activities, events and educational options including Challenges, Courses, Lunch & Learns as well as setting and tracking health goals to earn points*:
- 120 points = $120
- 180 points = $180
- 240 points = $240

---

**Check!**
Visit the Be Well UC Events webpage frequently to learn about upcoming programming and ways to engage with colleagues and earn your Be Well UC points

---

**Continue...**
Our monthly spotlight page will feature a health topic and specific, targeted information to help you stay on track with your wellness throughout the year.

---

**Questions?**
Please contact [wellness@uc.edu](mailto:wellness@uc.edu)
[uc.edu/hr/bewelluc](http://uc.edu/hr/bewelluc)