Be Well UC strives to educate, support and empower faculty and staff to make healthy lifestyle choices while building an overall culture of health for our campus and community. The program is designed to accommodate to anyone’s needs or interests with a diversity of options, resources and topics. The wellness team is here to partner with you to help you succeed, improve your health while maintaining your confidentiality and honoring your commitment to wellness and healthy behaviors.

Why You Should Participate In Be Well UC & Who Is Eligible

- Be Well UC is a free, voluntary, incentive based wellness program with programming open to all and incentives available to all employees who are enrolled in the UC Anthem medical health plan.
  - For new employees, your access to the portal begins the Monday after the first of the month that your health benefits go into effect, i.e., if your health insurance goes into effect on 11/1/17, you will have access to the portal as of 11/6/17.
- Participation in the program provides opportunity to earn financial rewards for completing and tracking activities related to healthy lifestyle behaviors and learning about health and wellness topics.
- Incentives are not based on health status, but rather participation and effort. Rewards are not given for meeting health goals or specific health outcomes, and instead for taking the time to learn about health status and for working toward making improvements.

Incentives

- Incentives are paid directly onto the paycheck:
  - September 2016 to December 2017 payout: January 2018
  - January 2018 to December 2018 payout: January 2019
- You must be actively employed at the time the Be Well UC incentive is awarded in order to earn the incentive.
- Taxes are withheld from the incentive by law.

Your Personal Health Data & Privacy

- Health Assessment Questionnaire – conducted within the portal to assess health risk and provide recommendations.
- Biometric Screening – reviews blood pressure, BMI, glucose and cholesterol and can be completed on campus or with your own provider.
- Your data is securely kept with our third party vendor. No one at the University of Cincinnati has access to this information, and it is only reported back to the University in aggregate form. Learn more about the privacy policy at www.assethealth.com/bewelluc.

Please email wellness@uc.edu with any questions you have!

“You’ll never change your life until you change something you do daily. The secret of your success if found in your daily routine.”
John C. Maxwell