

WellU Wellness Program Reminder

The WellU Wellness Program provides a discount on the cost of enrollment in the University's Employee Health Care Plan of up to **\$40 per month**. Additional information about the WellU Wellness Program can be accessed [here](#).

To participate in the WellU Program during the 2021/2022 Plan Year, you must complete the WellU requirements between **September 1, 2020 - June 30, 2021**. Participants must complete the General Health Assessment Questionnaire and complete three WellU Wellness Activities before **July 1, 2021**.

Timely completions reported after July 1, 2021, may result in an interruption of your discount until the WellU team can confirm timely completion and reapply the discount. Please allow 6 to 8 weeks from the date of service for processing and reporting of the WellU competitions in the [WellU Tracker](#). View the status of your WellU Wellness Program participation by visiting the following link: https://www.hr.utah.edu/benefits/wellu_complete.php

Participation requirements may differ for employees hired after January 1, 2021. Please visit the [WellU Wellness Program information web page](#) and view the section titled **New Employee** to learn more.

If you have questions regarding your WellU participation, please email WellU@utah.edu.

Instructions to complete the confidential General Health Assessment Questionnaire:

1. Log in to [regence.com](#) (if you don't already have an account, please create one).
2. Click the **Regence Empower** button (right side of the page below member information) or Regence Empower banner (by scrolling down).
3. Complete the communication preferences page (if prompted).
4. Click **Get Started Now!** to begin your Health Assessment.

Once you've completed the GHA, the University will be notified that you have completed the assessment. (The University will not receive your confidential answers.) Completion reports are provided by Regence on a monthly basis.

WellU Wellness Activity Options:

- Services with a health care provider, such as an annual physical exam, a dental cleaning & exam, a flu shot, or other screening services. See the [WellU Wellness Program Flyer](#) for a complete list of services available.
- Up to two activities through [Peak Health & Fitness](#).
- Participate in university-wide quarterly wellness challenges with [University Wellness and Integrative Health](#).
- Visit the Eccles Student Life Center on six different days to count as completions of one Wellness Activity (membership required – employee pays fitness class fees).

WellU Wellness Program Resources:

- Click to view the most current [WellU Wellness Program Flyer](#).
- Click to check the status of your participation in the [WellU Tracker](#).
- Access the [WellU Wellness Program information web page](#) for complete program details.