

## STAYWELL® UC LOCATION – SPECIFIC ACTIVITIES

UC Location \_\_\_\_\_ Date \_\_\_\_\_

Congratulations for completing the following UC Wellness activity:

- Education Session     
  Location Fitness Activity     
  Annual UC Walks Event     
  Wellness Challenge  
 Health Screening     
  One-on-One Consultation     
  Healthy Lifestyle Program (25 points for each half of the program)

For participants in the UC StayWell program, this activity qualifies as a StayWell follow-up activity worth 25 incentive award points. To record your participation in this activity:

- Log on to StayWell Online® at: <https://uclivingwell.online.staywell.com>
- From the home page, click on the Points Bank tab
- Select Location-Specific Activities
- In the drop down box, select the activity checked above
- Enter the date you completed this activity
- Click the Submit button
- Within 30 minutes, 25 points will be added to your Points Bank

To earn the 2013 incentive award, complete your health assessment by **June 15, 2013**, and complete your follow-up program(s) by **December 15, 2013!**

For questions, call the StayWell HelpLine at 1-800-721-2693.

**StayWell eligibility:** Employees/Retirees and their spouse/domestic partners must be enrolled in an eligible UC medical plan on or before January 1, 2013, to be eligible for the incentive award. Kaiser members and members of certain bargaining units are not eligible for the StayWell program.

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