THE 2013 STAYWELL PROGRAM

UC employees, retirees and their spouses/domestic partners can continue to take control of their health and wellness by completing the health assessment (HA) and follow-up programs. Employees and retirees enrolled in an eligible UC medical plan on or before January 1, 2013, who accumulate 100 points by completing the HA for 50 points by June 15, 2013, and follow-up programming totaling 50 points in Points Bank, by December 15, 2013, will earn a $100 Premiere Choice gift certificate courtesy of Hallmark Business Solutions. An eligible spouse/domestic partner will earn a $50 gift certificate when they complete the Health Assessment and follow-up activities. All of the StayWell programs are provided at no cost to you.

For 2013, StayWell has redesigned the program to be more flexible and to have more follow-up program options for all participants.

Step 1: Health Assessment
The health assessment will be available January 14, 2013. It is required that you complete the HA no later than June 15, 2013, to earn 50 points toward an incentive. You can get started on the welcome page.

Step 2: Follow-up Programs
StayWell and UC LivingWell have enhanced the follow-up activities options by including StayWell Online Classrooms and Location Specific Activities as follow-up program options for 2013. You may select additional classroom modules and/or activities; however, the maximum number of points that can be earned for 2013 is 100.

Participants eligible for NextSteps may select options A, B, or C. Participants not eligible for NextSteps may select option B or C.

A. StayWell NextSteps® Programs* - 50 Points
Complete a StayWell NextSteps program by December 15, 2013 and earn 50 points. NextSteps programs include phone coaching, mail-based or Healthy Living online modules.

*By invitation only based on the results of your health assessment.

You may choose the format that works best for you.

- **Phone**: You may tell StayWell where and when to call. A Wellness Coach will contact you to discuss your health challenges. Together, you and the Wellness Coach find a plan that works best.
- **Mail**: You choose the health topic and StayWell will mail information with tips and suggestions that really work.
- **Online**: You join a Healthy Living Program through StayWell Online® and discover great ways to improve your health — at their own pace. Plus, you will receive weekly e-mails with tips and reminders to stay on track.

The recommended deadline to register and have enough time to complete a program is **August 31, 2013**, as a NextSteps program may take **3 months** or more to complete.
B. StayWell Online Classrooms - 25 Points each
Online classrooms let you choose the health area you'd like to learn more about.

C. Location Specific Activities - 25 Points each
Attend UC location specific activities that include One-on-One Consultation, Health Screenings, Annual UC Walks Event, and more. Participation is reported in Points Bank. See follow-up option details.

Invitations (My Plan tab)
You will be invited into follow-up programs based on the results of your health assessment.

Points Bank (Points Bank tab)
You can easily track your progress toward an incentive award. When the HA is completed by June 15th, 50 points will be contributed to your Points Bank. When you complete the follow-up programs by December 15th, more points are awarded - qualifying you to receive an incentive when you reach 100 points.

Incentive Awards
If you provided an email address, the award confirmation notice will be provided electronically via email about one week after completion of your program. The email will come from StayWell Health Management and may be identified as SPAM mail. You should be sure to check your SPAM account periodically. If you do not receive the confirmation you should contact StayWell at 1-800-721-2693.

If you did not provide an email address, the award confirmation will be mailed to the address StayWell has on file. You should follow the instructions on the award confirmation to select the type of gift certificate you wish to receive.