Enroll in Wellness Coaching during May and you could win a Fitbit Flex.

Want to create healthy new habits or break unhealthy old ones? Wellness Coaching offers one-on-one motivation and support over the phone as you set goals and create a personalized action plan to:

- Reach a healthy weight
- Eat healthier
- Exercise more
- Reduce stress
- Control diabetes
- Protect your heart
- Quit tobacco

If eligible, you can earn 2,500 points toward a $75 Visa® reward card.*

To be entered into the Fitbit Flex drawing, you must:

- Contact your Optum Wellness Specialist to enroll in Wellness Coaching between May 1 and May 31
- Complete at least one coach call by July 10

One Fitbit Flex ($99.95 value) will be awarded per UC location. Prize drawing will take place on July 17. Winners will be notified by email or phone.

For more information about the Fitbit Flex, visit fitbit.com.

* Employees and retirees enrolled in a UC-sponsored group medical plan are welcome to participate in UC Living Well and, if eligible, earn the incentive. If you are a member of certain unions, you may not be eligible for the incentive. For a list of eligible unions, please visit ucal.us/uclivingwell. Also, participation in on-site campus/health system wellness programs varies by campus; contact your location’s Wellness Coordinator for details.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the program is for informational purposes only and provided as part of your health plan. The wellness team cannot diagnose problems or recommend treatment and is not a substitute for your doctor’s care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.

Fitbit Flex is a trademark of Fitbit, Inc.

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