Learn How to Maximize Your UC Living Well Program

The UC’s Living Well Program works to build a healthy workplace culture and offers fitness activities, nutrition education and more to help you lead a healthy life. Participation in many activities earns points toward the wellness incentive award a $75 Visa gift card. So kick off the New Year by seeing how you can develop a healthier lifestyle and greater well-being. Topics will include:

- Exploring the UCnet, [UC Living Well website](#)
- Learning how to register and use the [Optum Health/UC Living Well website](#)
- Finding the support you need to keep your New Year’s resolutions
- Connecting with your own Wellness Coach who can offer proven support to help you achieve your goals
- Learning how to earn a $75 Visa gift card