**Get rewarded for taking simple, healthy steps.**

Earn 7,500 points by completing a few activities and receive a $75 Visa® Rewards pre-paid card. Use your Rewards card anywhere Visa is accepted.

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### PROGRAM ACTIVITIES

*Complete between Jan. 1 and Dec. 15, 2015*

#### PREVENTIVE CARE  **NEW IN 2015**

Earn 2,500 points by having a preventive care exam with your health professional.

- 1 time maximum to earn points

#### TOTAL HEALTH PROFILE

Complete online to earn 5,000 points.

- 1 time maximum to earn points

#### WELLNESS COACHING

Enroll in 1 Telephonic Wellness Coaching program to earn 2,500 points.

- 1 time maximum to earn points

Complete 1 Telephonic Wellness Coaching program to earn 2,500 points.

- 1 time maximum to earn points

Complete 1 Online Coaching program to earn 2,500 points.

- 1 time maximum to earn points

#### WELLNESS ACTIVITIES

Earn 2,500 points each, up to 5,000 points maximum.

- UC Location activity 1 = 2,500 points
- UC Location activity 2 = 2,500 points
- UC Location activities include:
  - Education sessions
  - Health screenings
  - Healthy lifestyle programs
  - One-on-one consultations
  - Campus fitness activities
  - UC walks

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### EARNING AND REDEEMING POINTS

#### PREVENTIVE CARE

Focus on your health by scheduling an annual preventive care exam with your health professional. Doing so may help you avoid health complications down the road. Once you have completed your preventive care exam, come back to the Wellness Website and click **I have completed this** in the **I DO** section (under “Wellness Activities”). Be sure to keep a record of your exam for verification purposes.

#### TOTAL HEALTH PROFILE

It takes just 15 minutes to complete your Total Health Profile. Go to uclivingwell.ucop.edu, click on the blue and gold “I WANT/I GET” box and then log on to the Optum Wellness Website. You’ll find the Total Health Profile under **I AM**. Credit will be given when the profile is completed.

#### WELLNESS COACHING

To earn points for enrolling in Telephonic Wellness Coaching, you must schedule and complete your first call with the coach. To get started, call 1-855-688-9775.

To earn points for completing the telephonic program, work with your coach over two to three months to reach your goals. Your coach will record your completion.

To earn points for Online Coaching, complete a minimum of 12 online activities — such as reading articles, using tools and watching Online Coaching videos. Also, complete a minimum of five entries into any of the trackers. To get started and for more information, go to uclivingwell.ucop.edu.

#### WELLNESS ACTIVITIES

After participating in an activity either at your location or as part of a local wellness initiative (or designated alternative UC location), go to uclivingwell.ucop.edu and log on to the Wellness Website. Under **I DO**, click on the Wellness Activities program. From the left column, select UC Living Well Activity #1 (for your first activity) or UC Living Well Activity #2 (for your second activity) and click **I have completed this**. Be sure to keep a record of your participation for verification purposes.