Your 2012 Wellness Action Plan

Get Screened
Visit your primary care provider, health professional or Know Your Numbers Health Screening Event for your cholesterol, blood pressure, blood sugar and other health risk measures, and preventative care exams.

Complete Your Health Assessment
Get a picture of your health status and action plan available free through StayWell* or Kaiser. All personal health information is confidential. Remember to discuss your health status and wellness action plan with your primary care provider at your annual visit.

Take Action!
Enroll in UCLA Wellness Initiative programs, workshops and events that supports your action plan.
Read Wellness Wednesday e-blasts for tips and resources.
Participate in StayWell, Kaiser Wellness Programs and Health Coach Counseling or call your carrier for wellness offerings.

Find everything you need to get started at http://wellness.healthcare.ucla.edu

Beginning January 16, 2012, UC will provide a $100 gift certificate to each eligible* employee and retiree and a $50 gift certificate to eligible* spouses/domestic partners who complete the Health Assessment and follow-up program by December 15, 2012. The 2 step program includes:

1. Health Assessment (must be completed by June 15, 2012)
2. StayWell follow-up program (more details on the website).

*Kaiser members and members of certain bargaining units are not eligible for the StayWell program.

**Employees and their spouses/domestic partners must be enrolled in an eligible UC medical plan on or before January 1, 2012 to be eligible for the incentive

Kaiser members may take the Total Health Assessment anytime, available online through Kaiser’s HealthWorks program.