



THE 2011 STAYWELL PROGRAM

Make you and your health a priority. The 2011 StayWell program begins **January 5, 2011.**

It's easy, confidential and FREE! Note the following details:

- **Same incentive award:** Employees/retirees can earn a \$100 Premier Choice gift certificate from Hallmark Business Solutions. A spouse/domestic partner can earn a \$50 gift certificate.
- **New two-step program:** In order to receive the incentive award, each participant must complete a health assessment (HA) and a StayWell follow-up program by December 15, 2011.
 - **Step 1:** Complete the HA by answering easy questions regarding your health status. (It is recommended that you complete the HA by May 15, 2011 in order to have time to complete the StayWell follow-up program.)
 - **Step 2:** After you complete the HA, you will receive instructions and information on your StayWell follow-up program.
- **The award:** Complete both the HA and the StayWell follow-up program to receive the incentive award (no later than December 15, 2011). **It's that easy!**
- **Getting Started:** Go to: <https://uclivingwell.online.staywell.com> on **January 5, 2011** and click on "Take your Health Assessment"!

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

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