Rewards

Get a health check • Participate in programs
Receive up to $200 in Rewards

YOUR HEALTH • YOUR LIFE • YOUR CHOICE
What does wellness mean to YOU?
What Does Wellness Mean to You?

The University of Alabama is committed to helping its employees live healthy, active lives. Even with the best of intentions however, it can be hard to make exercise and good nutrition a priority by yourself. That’s why there’s WellBAMA.

WellBAMA Rewards is the University’s health and wellness program for faculty and staff. Designed with individual needs in mind, WellBAMA provides the expertise, resources and motivation to help you get healthy, and stay healthy, year round.

Participating is Easy

1. ATTEND A WellBAMA HEALTH SCREENING

Know Your Numbers
Includes an evaluation of many health factors, including:
- Biometrics & blood pressure
- Cholesterol
- Triglycerides
- Blood glucose
- Personal health coaching & more

Option 1 Participation:
Each calendar year you can take advantage of a free on-site WellBAMA health screening at a variety of locations on campus.

Option 2 Participation:
Alternatively, you may visit your health care provider for a screening and ask him or her to complete a Medical Qualification Form (available on our website) for you to submit to our office.
2. PARTICIPATE IN ONE QUALIFYING PROGRAM

Achieve your goals with WellBAMA programs and services
To help you improve your health and fitness, WellBAMA aims to provide a range of support. To qualify for 2015 WellBAMA Rewards, everyone is required to participate in one qualifying program each year.

You may choose from a variety of our programs:

- Strive for Five, Crimson Couch to 5K, and more.

Other qualifying programs include:

- Diabetes Education, Weight Watchers @ Work, QuitSmart (tobacco cessation), Blue Cross Blue Shield Baby Yourself (program for expectant mothers) and My Health Assistant (for individual online programs).

- 3 month, personal exercise journal.

Program start dates can be found on our website. Check regularly for details.

3. ATTEND ONE GROUP SESSION

Enjoy a wide range of topics and information
In addition to completing one qualifying program each year, participants are required to attend one group session. These sessions focus on ways to reduce stress, improve weight management, increase fitness and even achieve financial wellness.

For details, check our website for upcoming topics and dates.
4. GET PAID WITH WellBAMA REWARDS

WellBAMA Rewards pays you to participate and improve your health

- Year 1, receive $25 just by participating.
- In continuing years, you can receive $50, $100 or $200 based on club status and participation in the required group session and wellness program.
- Rewards are taxable and will be paid to participants at the end of the calendar year, if all program requirements are met.

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Higher Risk/Lower Health</td>
<td>Lower Risk/Better Health</td>
</tr>
<tr>
<td>Silver Club $25</td>
<td>Gold Club $25</td>
</tr>
<tr>
<td>Crimson Club $25</td>
<td></td>
</tr>
<tr>
<td>Silver Club $50</td>
<td>Gold Club $100</td>
</tr>
<tr>
<td>Crimson Club $200</td>
<td></td>
</tr>
</tbody>
</table>

Get paid at the end of each year, based on your participation in:

- Annual WellBAMA health screening
- Participation in one wellness program (see our website for qualifying programs)
- Participation in one group session
- Optional: Annual physical exam

Notice of Reasonable Alternative Standard: Your WellBAMA program is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact the WellBAMA Coordinator at 205-348-0083 or hnmundy@ua.edu and we will work with you (and, if you wish, with your doctor or nurse practitioner) to find a wellness program with the same reward that is right for you in light of your health status.
2015 Guide to Qualifying WellBAMA Programs and Services

Program participation is voluntary and confidential within the Office of Health Promotion and Wellness.

To earn WellBAMA Rewards, participants must attend a health screening and participate in the following per calendar year:
One Qualifying Program & One Group Session

Check online for the latest group sessions and program dates.

HELP US CREATE A CULTURE OF WELLNESS ON CAMPUS

Can you help us share information about upcoming programs or WellBAMA screenings within your college or department? If so, please call or email us, and don’t forget to share your wellness tips and news on the WellBAMA Facebook page. To be considered as an official WellBAMA Ambassador, please ask us for an information packet.

Have questions? Contact us!
Office of Health Promotion and Wellness
321 Russell Hall • Box 870367 • Email: wellness@ua.edu
Phone: (205) 348-0077 • Web: http://wellness.ua.edu