Choices you make every day play a role in your health and well-being. In addition to WellBAMA, we offer a variety of health improvement programs that cover the areas below.

**LIVE**
Learn how to create a healthy lifestyle for you and your family.
- Tobacco Challenge
- WellBAMA Education Program
- Early detection screenings
- Preventive physical exam

**NOURISH**
Nutritional tips, counseling, education and weight loss programs are available to encourage healthy eating.
- Summer Slimdown
- Nutrition Therapy
- Weight Watchers at Work
- Farmer’s Market

**BALANCE**
Variety of educational and practical skills for stress relief and life balance.
- Strive for Five
- Summer Family Makeover
- 12 Days of Wellness
- Employee Assistance Program

**MOVE**
Physical activity programs are designed to promote healthy body weight, strength, and better health.
- Spring Training
- Crimson Couch to 5K
- University Recreation (UREC and Aquatics)

2013 Guide to Qualifying WellBAMA Programs and Services
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- Strive for Five
- Spring Training
- Weight Watchers® at work
- tobaccoFREE

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- Summer Slimdown

**FALL**
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- tobaccoFREE
- Weight Watchers® at work

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For more information:
wellness.ua.edu | wellness@ua.edu | (205) 348-0083
Program participation is voluntary and confidential.

Overview of the WellBAMA Rewards Program

The University's WellBAMA program provides our faculty and staff with the resources, information and motivation they need to improve both personal and organizational well-being.

Our aim is simple: Better Health, Better Health Care, and Lower Health Care Costs. As we work together to improve our own personal health, we will not only feel better and have more energy, but we will also be more productive - at home and at work.

By living healthier lives, we have an advantage to also lead safer lives and reduce our own personal health care costs, as well as the University's bottom line. Together, we have the chance to make a difference.

OUR PASSION: IMPROVING YOUR HEALTH & WELLBEING

The Wellness Program Has Worked For Me

Kim Spencer, an employee at Brewer Porch Children's Center, can vouch for WellBAMA's effectiveness. Spencer joined a team and participated in Strive for Five in 2009, and has been an active participant in almost all of the program's offerings since then. She has lost a total of 106 pounds and has run the last three Crimson Couch to 5K events.

“Exercise has become second nature to me,” said Spencer. “I visit the River Road Park 3 to 4 times each week to run and walk a 2-mile circuit. Now I have all the energy I never had, and I can shop and play without stopping to rest.”

Kim Spencer
Brewer Porch Children's Center

GETTING STARTED IS EASY

1. SET SCREENED
   WellBAMA begins with your personal health screening.

   The WellBAMA Program begins with your personal health screening. The measurements include: height, weight, blood pressure, cholesterol, triglycerides, blood glucose, and other health factors. Once you complete your health screening you will meet with your personal health coach, who will review your scoresheet and inform you of your club level (Crimson, Gold, Silver, Bronze).

   You may complete these measurements on campus at one of the many WellBAMA events or with your health care provider. To complete with your health care provider, please download the WellBAMA Medical Qualification Form from our website and submit to our office.

2. SET GOALS
   Improve your health by setting goals.

   As you strive towards living well, achieving your goals and reaching Crimson, your health coach will be there to support and connect you to additional health and wellness resources. Group and individual follow-up health coaching sessions are available throughout the year. You are encouraged to participate in up to two health coaching sessions and two follow-up sessions per year. See chart below.

3. PARTICIPATE IN PROGRAMS
   Achieve your goals with WellBAMA programs and services.

   Health and wellness programs are available throughout the year to assist you in achieving your goals. You are encouraged to participate in up to two programs per year. A guide to qualifying WellBAMA programs and services is noted on the back page.

4. GET PAID
   WellBAMA Rewards pays you to participate and improve your health.

   Year 1, receive $25 just by participating. Year 2, you can receive $25-$200 based on your previous years’ participation, club status and completion of health and wellness programs. Rewards will be received at the end of the calendar year.

WellBAMA Club Incentive Program

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronze Club</td>
<td>$25</td>
</tr>
<tr>
<td>Silver Club</td>
<td>$25</td>
</tr>
<tr>
<td>Gold Club</td>
<td>$25</td>
</tr>
<tr>
<td>Crimson</td>
<td>$25</td>
</tr>
<tr>
<td>$25/$50 based on completion of:</td>
<td>$75/$200 based on completion of:</td>
</tr>
<tr>
<td>• WellBAMA health screening and coaching</td>
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</tr>
<tr>
<td>• Annual physical exam - age and gender specific</td>
<td>• Physical exam - age and gender specific</td>
</tr>
<tr>
<td>• Twice annual check-in by health coach</td>
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</tr>
</tbody>
</table>

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, or if it is medically inadvisable for you to attempt to achieve the standards for the reward under this program, contact the Coordinator at 205-348-0083 and we will work with you to develop another way to qualify for the reward.
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1. **Step 1: Get Screened**
   WellBAMA begins with your personal health screening. The measurements include: height, weight, blood pressure, cholesterol, triglycerides, blood glucose, and other health factors. Once you complete your health screening you will meet with your personal health coach, who will review your scoresheet and inform you of your club level (Crimson, Gold, Silver, Bronze).
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3. **Step 3: Participate in Programs**
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4. **Step 4: Get Paid**
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$25/$50 based on completion of:
- WellBAMA health screening and coaching
- Annual physical exam – age and gender specific
- Twice annual check-in by health coach
- Participation in two wellness programs annually

$75/$200 based on completion of:
- WellBAMA health screening and coaching
- Physical exam – age and gender specific
- Annual check-in with health coach
- Participation in one wellness program annually

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  - BCBS-AL (or other health plan) Disease Management programs (diabetes, lung, and heart ailments)
  - BCBS-AL (or other health plan) Baby Yourself program for expectant mothers

- **ON THE WEB**
  - Diabetes education program
  - Exercise training to include 10 or more days per month of exercise – submit after 3 months

- **BY PHONE**
  - Community based or other wellness programs pre-approved by your health coach

- **OTHER**
  - Exercise training to include 10 or more days per month of exercise – submit after 3 months

2013 Guide to Qualifying WellBAMA Programs and Services

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  - Strive for Five
  - Spring Training
  - Weight Watchers® at work
  - tobaccoFREE

- **SUMMER**
  - Summer Family Makeover
  - Summer Slimdown

- **FALL**
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