



The Office of Health Promotion and Wellness at The University of Alabama cares about improving the health and well-being of faculty and staff members. We also take pride in celebrating the success of individuals whose personal achievements inspire others around them to make health and wellness a priority. Please share your story of how our program has helped you.

**Success Story Submission Form**

Today's Date: \_\_\_\_\_ NAME \_\_\_\_\_

Phone Number: \_\_\_\_\_ Dept.: \_\_\_\_\_

Email: \_\_\_\_\_

Number of years involved in UA Wellness programs: \_\_\_\_\_

How have you improved your health and well-being? Please refrain from including personal health information, i.e. body mass index, blood pressure, etc. General information is encouraged, such as, "Lost over 20 pounds", "Increased my physical activity level", "Stopped drinking soda daily", etc.

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Which WellBAMA program(s) have inspired you to achieve changes in your health and wellbeing?

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Please sign here if you give authorization and consent for the Office of Health Promotion and Wellness to use your name, story, image and submission in promotion and distribution of success story. I do hereby release and discharge the Office of Health Promotion & Wellness from the University of Alabama from any liability whatsoever, including without limitation claims for invasion of privacy, or any alteration or distortion, whether intentional or otherwise, in connection with said use. I do hereby waive any right that I may have to inspect or approve the finished product or any material that may be used in connection therewith or the use to which it may be applied.

X \_\_\_\_\_

**Please fax, email, or mail this completed form to the Office of Health Promotion and Wellness at:**



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web: [wellness.ua.edu](http://wellness.ua.edu) | phone: (205) 348-0083 | fax: (205) 348-6238**