

# WellBAMA Rewards

## PROGRAM DETAILS

Welcome to WellBAMA, the University of Alabama's signature wellness program for faculty and staff. Designed to promote health and improve the quality of life for all employees, this free, personalized program includes health screening, health coaching, a wide range of exciting resources, plus a financial incentive for participating. Not only will you enjoy a greater sense of wellness, you'll increase energy, reduce stress and find balance in your life. WellBAMA is here to help you every step of the way, with a supportive staff of dedicated health and wellness professionals.

**WellBAMA Rewards.** Participation in the annual health screening and coaching program also includes a financial **WellBAMA Reward**. Faculty and staff will earn \$25 for participating their first year, also becoming eligible to earn up to \$125 in year two (Crimson-\$125, Gold-\$75, Silver-\$50), based on WellBAMA club status and overall wellness program involvement. Rewards are also based on participation in follow-up health coaching sessions, as well as participation in additional wellness programs.

**Step 1. Get Screened.** 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. Your health coach will review your WellBAMA and inform you of your club level (Crimson, Gold, Silver). You may complete these measurements with your health care provider or on campus at one of the many WellBAMA events. To complete with your health care provider, please download the [WellBAMA Medical Qualification Form](#) and submit to our office. You will receive additional follow-up during the year based on the results of your health screening. *Note: participants can substitute blood work results from their primary care provider for the on-site blood work screening, with additional measurements completed during the health screening.* **To ensure accurate results, participants should not eat food ten hours prior to testing and drink plenty of water.**

**Step 2. Set 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 health coaching sessions continue throughout the year. You are encouraged to participate in up to two health coaching sessions and two follow-up sessions per year.

**Step 3. Achieve your goals with WellBAMA programs and services.** Your health coaching will continue throughout the year with a minimum of one follow-up health coaching session, depending on your club status. Group and individual follow-up health coaching sessions are available. Based on club status participants are encouraged to participate in, up to, two health coaching sessions and two follow-up sessions per year.

**Step 4. Get Paid.** WellBAMA Rewards pays you to participate and improve your health. Year 1, earn \$25 just by participating. Year 2, you can earn \$50-\$125 based on previous years' participation, club status and completion of health and wellness programs. Rewards will be received at the end of the calendar year.

**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 205-348-0077 or [wellness@ua.edu](mailto:wellness@ua.edu) and we will work with you (and, if you wish, 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.

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## FREQUENTLY ASKED QUESTIONS

**Who is eligible to participate in WellBAMA?** Faculty and staff eligible for the University of Alabama health plan are encouraged to participate and eligible for Rewards. Participation is voluntary and confidential. Non-benefit eligible employees, contract and temporary employees, alumni and family members are not eligible for this program.

**Where is WellBAMA Screening and Coaching held?** WellBAMA is held annually in various locations on campus. WellBAMA is also delivered each fall during the UA Employee Health Fair. Locations, times, and dates are listed on our website. Ambassadors may also assist in promoting WellBAMA in each college/department.

**What is WellBAMA Rewards?** Year one, employees who participate in WellBAMA screening and coaching will receive \$25. Year two, employees can earn up to \$125 based upon your Club Status and overall program involvement. Participants will be paid upon completion of their follow-up at the end of the year.

**What if I did not participate in a 2017 WellBAMA screening, will I still get a Reward?** If you did NOT participate in 2017 and 2018 is your first year to participate in the Rewards program, you will receive the year one \$25 Reward and become eligible (pending approval for continuation of the Rewards program in 2018) for year two Rewards in 2019.

**What if I did participate in a 2017 WellBAMA screening, how do I earn year two Rewards?** Year two, employees can earn \$50 (Silver), \$75 (Gold), or \$125 (Crimson) based upon your Club Status and overall program involvement. Participants will be asked to participate in one program and one group session after completing their WellBAMA screening in order to be eligible for WellBAMA rewards. Please refer to our website for a list of eligible programs.

**How do I prepare for a WellBAMA screening event?** Fasting is recommended for accurate blood results. Fasting includes refraining from eating 10 hours prior to the screening. Water is encouraged during the fasting period and prior to the health screening.

**If I am benefit-eligible through The University of Alabama, can I participate even if I don't have the employee health insurance?** Yes, you may still participate. WellBAMA is a free health screening and health coaching program offered to all benefit-eligible University of Alabama employees.

**What if I have results from my health care provider's office?** You may still participate in our WellBAMA Rewards by having your health care provider complete the WellBAMA Medical Qualification Form and submit the form to our office. Once we have received your information, a member of our health team will contact you to schedule a follow-up health coaching session.

**How much time will it take to participate in the WellBAMA screening?** The health screening and coaching session will take approximately 15-20 minutes.

**What if I have already participated in a WellBAMA screening?** You are only covered for one screening per calendar year. We encourage everyone to participate in a WellBAMA screening each year.

**Are my results confidential?** All records are secure and kept confidential within the Office of Health Promotion and Wellness, which is consistent with University policy.

**Who do I call with additional questions or concerns?** Please contact the Office of Health Promotion and Wellness, 348-0077 or by email at [wellness@ua.edu](mailto:wellness@ua.edu).