



The Office of Health Promotion and Wellness (OHPW) at the University of Alabama cares about improving the health and well-being of our faculty and staff. Please complete this form as a record of your participation in a Qualifying Wellness Program for the 2019 WellBAMA Rewards program.

**Things to Know:**

- Submitted Self-Report Forms **do not** automatically grant approval in the completion of a WellBAMA Qualifying Program. Each form is individually reviewed and approved by OHPW.
- The OHPW reserves the right to deny or request further information on any submitted Self-Report Form.
- All Self-Report Forms **MUST** have the accompanying certificate of completion before being submitted for review.
- The Self-Report Form must be submitted to the OHPW on or before the 2019 Reward deadline (listed below).

**Submission Deadlines:**

- To earn 2019 WellBAMA Reward in December: Deadline to submit form & group session completion is December 1, 2019
- To earn 2019 WellBAMA Reward in January: Deadline to submit form & group session completion is December 31, 2018

**2019 Self-Report Submission Form**

Today's Date: \_\_\_\_\_ Date/Location of 2019 WellBAMA screening: \_\_\_\_\_

NAME \_\_\_\_\_ Phone Number: \_\_\_\_\_

Dept.: \_\_\_\_\_ Email: \_\_\_\_\_

Please indicate which self-report applies in the circle provided: (Example)

**I am submitting this Self-Report Form for the following:**



**Approved Wellness Program self-report**

- Community based or other wellness programs pre-approved by OHPW health coach. Attach with certificate of completion or involvement.
  - Blue Cross Blue Shield online approved program (Baby Yourself, etc.)
  - Weight Watchers at Work®

By signing here, I confirm that the information I have provided is correct and honorable. I have completed an approved wellness program and by authorizing my completion of the above stated program, I submit this self-report form with accuracy and truth. If the OHPW becomes aware that the completion of the above authorized is done so with dishonesty and is not in fact an accurate representation of the above, the OHPW reserves the right to deny any self-reported form. I understand that all submitted self-report forms do not automatically grant approval in the completion of a WellBAMA Qualifying Program.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please fax, email, or mail this completed form & accompanying documents to the WellBAMA Coordinator for review of completion. You will be notified if your submission is approved or requires additional information.**

