



Wellness and Work-Life 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 2022 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 Wellness and Work-Life.
- Wellness and Work-Life 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 Wellness and Work-Life office on or before the 2022 Reward deadline (listed below).

Submission Deadlines:

- To earn 2022 WellBAMA Reward in December: Deadline to submit form & group session completion is December 1, 2022
- To earn 2022 WellBAMA Reward in January: Deadline to submit form & group session completion is December 31, 2022

2022 Self-Report Submission Form

Today's Date: _____ Date/Location of 2022 WellBAMA screening: _____

NAME _____ Phone Number: _____

Dept.: _____ Email: _____

Please indicate below which self-reported program applies.

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

- Approved Wellness Program self-report**
 - Community based or other wellness programs pre-approved by Wellness and Work-Life. 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 Wellness and Work-Life 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, Wellness and Work-Life 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.



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