WellBAMA Wellness Program Self-Report Form

Wellness and Work-Life at the University of Alabama cares about improving the health and well-being of our faculty and staff. Complete this form if you participated in a wellness program not facilitated by Wellness and Work-Life and are seeking qualifying program credit towards your 2024 WellBAMA Rewards.

I am requesting approval for the following program:

☐ Virta - Type 2 diabetes reversal program offered to UA employees on the UA BCBS health plan.
  Program start date:

☐ Livongo - Diabetes management program offered to UA employees on the BCBS health plan.
  Program start date:

☐ Self-created MoveSpring challenge (You must create a challenge within the MoveSpring app)
  ⊗ minimum of 21 days in length and an average of 8,000 steps per day for the length of the challenge
  ⊗ challenge start date: Length of challenge (enter number of days):
  ⊗ challenge end date: Total number of steps achieved:

☐ UMC Diabetes Management Program

☐ UMC Self-Monitoring Blood Pressure program

☐ Blue Cross Blue Shield Baby Yourself

☐ Weight Watchers at Work®

☐ Other University sponsored or community-based health and wellness program:
  Program Name: __________________________________________
  Program Administrator: __________________________ Email: __________________________
  Program Start Date: ________________ End Date: ________________

By signing here, I confirm that the information I have provided is correct and honorable. 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: __________________________

Fax, email, or mail the completed form and accompanying documentation to Wellness and Work-Life for review. You will be notified if your submission is approved.