

2013 Wellness Program

Overview:

Utah Valley Pediatrics is concerned about the health and well being of its employees. Employees who are healthy have more fulfilling, productive, and comfortable lives. Research indicates that employers who offer wellness programs have a healthier workforce and reduced health care costs.

Employees who subscribe to the UVP Health Insurance will be eligible to receive a premium rebate of up to \$400 during the year if they choose to participate in the wellness program. Employees who do not subscribe to UVP health insurance, but who choose to participate in the program will be eligible to earn incentives throughout the year.

Each quarter the Wellness Committee will organize activities and goals for which you can obtain points by participation. Activities and goals tracking will be a self-directed and self-reported approach. The wellness activities have been designed with various choices so that the program may appeal to all employees regardless of what health or fitness level you are on.

The wellness program is attempting to focus on employee *health*. There are three categories that the activities will fall under: Fitness/Physical, Nutrition, and Education. Participating in each category will provide an overall attempt at cultivating a healthy lifestyle.

Points:

You will earn points with each activity you participate in throughout the quarter. Points tracking forms will be available to participants and will need to be submitted at the end of each quarter to receive your incentive. Points can only be used in the quarter they were earned. Points cannot roll over. If the full quarterly premium rebate is not achieved in one quarter, it cannot be made up in subsequent quarters. Premium rebates and incentives will only be paid by quarter and will not be retroactive.

You will have the opportunity to earn up to 100+ points per quarter based on the activities in which you participate. For the premium rebate, 1 point = \$1. Premiums will not be reimbursed for more than \$100 per quarter.

It is up to you to individually keep track of your points during the quarter. Some activities will have a tracking log provided specific to that activity. At the end of each quarter you will need to submit to HR the “master log” with all of your points recorded from that quarter.

Getting Started:

Go to BOB and click on the Wellness Page. Each quarter the activities and points will be available along with tracking sheets and any other information needed to complete one of the activities. Choose from the activities that are listed and begin earning your points!

Each quarter, along with the activities provided the yearly physical and HRA will be listed. Earning points for the physical and/or the HRA can only be done once a year. These activities are worth a higher point value as it is an important step to our wellness program.

Continue to check on BOB for updates and any additional activities that might become available throughout the quarter. If you ever have any questions you can contact Katie in HR or one of the Wellness Committee Members.

The Committee Members are:

Katie Lawhon – HR
Megan Michaelson – Payson Office
Jennifer Bishop – Plaza Office
Kylee Willis – PNUO
Kendra Nomiya – Billing Office
Ruth Yodo – Cherry Tree Office
Corrin Edwards – Timp Office
Melissa Hooley – AF Office