



UASI

WELLNESS FOR LIFE

WELLNESS

guide



Wellness

PROGRAM

NOVEMBER 1, 2022 - OCTOBER 31, 2023



The [UASI Wellness for Life website](#) provides access to a private wellness platform to participate in challenges, upload your annual preventative screening, and log your activities throughout the year to earn your discounted premium. Throughout the year, on-demand wellness resources will be provided, with the flexibility to view at your convenience.

Wellness for Life – Financial Incentives

By enrolling and meeting the requirements of your Wellness for Life Program, you will be eligible to receive substantial discounts on your bi-weekly health insurance premium in the subsequent year.

- New employees hired after the first of the year who elect to participate in the program will be eligible for the health insurance discount immediately. Proactively extending this discount is done in anticipation that the program requirements will be completed.

STEP 1: COMPLETE ANNUAL REQUIREMENT

Complete a Health Screening Assessment with your primary care doctor by self-submitting your results on your private platform account or faxing a copy of your [Health Screening Form](#) to The McCahill Group via the instructions at the top of the form.

STEP 2: ENGAGE IN WELLNESS FOR LIFE PROGRAM

Successfully completing your Annual Physical before October 31, 2023, will determine your eligibility to redeem Wellness for Life points earned through participation in various elements throughout the year. These activities will be self-reported for points with a minimum point value of 400 needed to earn your discounted insurance premium.

Step 1: Annual Requirement - Complete Health Screening

All employees are encouraged to get an annual preventative physical with their primary care physician which includes a biometric health screening to get important updates on your health status. This requirement can be completed by self-submitting your results via your private platform account or faxing a copy of your **Health Screening Form** to The McCahill Group via the instructions at the top of the form. Below are the steps to log your results in your private platform account.

1. Log into your private platform account [HERE](#)
2. Click "Health" tile at the top of the page.
3. Log the results of the categories provided and upload proof of your physical then click Submit.
 - Proof may include a copy of your Health Screening Form or screenshot of your visit details

**Note: this step must be completed to earn your discounted health insurance premium.*

DEADLINE: OCTOBER 31, 2023 @ 5PM EST

Step 2: Engage in Wellness for Life Program

Points may be earned throughout the course of the program year by participation in a variety of activities, but **you must complete the Annual Physical requirement before October 31, 2023 to redeem your incentive.** Participation in these various elements of the Wellness for Life Program will be self-reported in your private platform account. Below are the steps to log your activities in your private platform account.

1. Log into your private platform account [HERE](#)
2. Click "Wellness for Life Incentive Campaign" on your home page or "Campaign" tab in the top black bar.
3. Track and enter different activities throughout the year.

Self-reporting **at least 400 points** throughout the Wellness for Life Program Year, in addition to your annual requirement will earn your discounted premium. Details of each activity can be found on the next page.

ACTIVITY	POINTS EARNED	ANNUAL POINT MAXIMUM
Quarterly Wellness Challenge	100	400
Focused One Week Challenge	25	150
Wellness Video	25	150
Preventative Health Visit	50	200

Details of Wellness for Life Activities

Quarterly Wellness Challenge

100 points per challenge - 400 points maximum annually

Each quarter a four week wellness challenge will be promoted and available for completion on your private platform. Successfully completing the requirements of the challenge will earn you 100 points toward your annual insurance discount. To join a challenge, log into your Wellness for Life platform account [HERE](#) then "Challenge" tab.

Focused One Week Wellness Challenges

25 points per challenge - 150 points maximum annually

In between each quarterly challenge will be focused, one-week, challenges on a variety of wellness topics. Successfully completing the requirements of these challenges will earn you 25 points per challenge toward your annual insurance discount. To join a challenge, log into your Wellness for Life platform account [HERE](#) then "Challenge" tab.

Watch Provided Wellness Videos

25 points per video watched - 150 points maximum annually

On-demand videos on a variety of health and wellness topics will be provided throughout the program year to watch at your convenience. Videos will be shared via email and available on both your Wellness for Life website and private platform. Completion of these videos will be self-reported in your private platform for 25 points per video.

Complete Preventative Health Visit

50 points per visit - 200 points maximum annually

Completion of a voluntary preventative health visit is worth 50 points for each visit. Annual physicals with your primary care provider are not included in this. Approved visits include:

- Annual Eye Exam
- Dental Checkup (one per program year)
- Mammogram
- Pelvic Exam
- Prostate Exam
- Colonoscopy
- Depression Screening
- Annual Flu Shot
- Annual Skin Check / Dermatology Visit

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4 Week Featured Challenges



FEB 27 - MAR 26
Activity Based

Love your mind and body in all seasons as you dial in on your movement habits during the SWEATER Weather Challenge. With fewer daylight hours and colder temperatures, staying active can be tough to prioritize.



MAY 1 - 28
Holistic Health Goals

Join the movement to improve your wellbeing on your unique journey to become the best version of yourself. From goal-setting strategies and recipes to mindfulness tips and engaging activity prompts, this challenge has it all to spark a move toward better health.



JULY 24 - AUG 20
Emotional Wellbeing

Get curious about emotional intelligence and exploring ways to support it. Over the course of the challenge, you will gain an understanding of a variety of items that impact our emotional well-being.



SEPT 25 - OCT 22
Simple Self Care Strategies

Learn why you need to prioritize yourself, ideas for improvement and tangible tools to achieve your goals in this four week challenge! Explore healthy and productive habits that can be implemented into your day with ease.

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One Week Focused Challenges



WEEK OF APR. 10TH Unlocking Joy

Finding joy can be challenging with all the responsibilities that continue to pile up. Allow yourself time and permission to partake in this fun challenge that will help you find and regain joy from the child within.

WEEK OF JUNE 19TH Inclusion and Diversity



Inclusion and diversity permeates every aspect of our lives. Together, we can ensure that we take the necessary steps by having discussions about race and equity, highlighting the importance of culture and being culturally competent.



WEEK OF JULY 3RD Kitchen Time

Magic Meals will make your kitchen time feel like a breeze and encourage you to think about and prepare your nutrition needs early to combat decision fatigue.



WEEK OF SEPT. 4TH Body Hydration

Hydropower will challenge you to implement other forms of hydration into your routine while you explore all of the benefits of staying hydrated inside and out.



WEEK OF NOV. 6TH Personal Vices

This challenge encourages you to take a look at known or unrealized vices that may be impacting your daily life. It could be tobacco, alcohol, work, social media or maybe even food that hold us hostage from our goals.



WEEK OF DEC. 4TH Productivity

Caregiving for family and friends can be challenging when you are running on fumes. Dial in on Filling Your Cup habits each day to build balance and improve your emotional wellbeing.