What is UC Living Well?
The University of California cares about the health and well-being of all faculty, staff and retirees. In 2007, UC established the UC Living Well wellness initiative to encourage all employees and retirees to live healthier lives and to create a culture of health throughout the UC system.

Wellness Is a Lifelong Pursuit
And sometimes we all need a little encouragement. That’s why UC Living Well offers programs, activities and resources to support your health and well-being. UC Living Well has something for everyone* including:

- Campus and health system wellness programs
- Wellness resources available through your medical plan
- Total Health Profile and Wellness Coaching

* Employees and retirees enrolled in a UC-sponsored group medical plan are welcome to participate in UC Living Well and, if eligible, earn the incentive. If you are a member of certain unions, you may not be eligible for the incentive. For a list of eligible unions, please visit ucal.us/uclivingwell. Also, participation in on-site campus/health system wellness programs varies by campus; contact your location’s Wellness Coordinator for details.

Now on UCnet! Visit our new website at ucal.us/uclivingwell.

It’s your one-stop resource for all things UC Living Well. You’ll find relevant wellness news, events and information on how to access everything that is available to you as part of UC Living Well.
Join the Fun

Engage in healthful activities at your UC location. Open to all faculty and staff, these educational and motivational activities are designed to create awareness and inspire behavior change. Retiree and spouse participation varies by campus. Wellness events and activities at campus or health system locations can include:

- Wellness challenges
- UC Walks
- Group fitness programs
- Cooking demos
- Health screenings
- Food Day
- 1:1 support from wellness professionals
- Health fair and workshops
- Tobacco cessation programs
- Nutrition programs
- Healthy lifestyle programs
- Educational seminars or wellness workshops

Find out about activities at your UC location by visiting ucal.us/uclivingwell.
Make the Most of Your Benefits

The UC health plans and other benefits work alongside UC Living Well to help you holistically manage your health: physical, mental and financial. Take advantage of all that’s offered to you, including:

- Important health screenings to check for cancer, diabetes, heart disease and other conditions
- Condition management programs to help you understand and follow the treatment plan provided by your doctor
- 24/7 nurseline
- Telemedicine
- On-site health fairs and events
- Behavioral health care
- Financial education and planning

Know Your Risks

Planning for a healthy future begins with understanding your health risks. Make sure you get an annual wellness exam this year and every year. Preventive care—which can include an annual check-up, screenings and vaccinations—is covered 100% by your medical plan. If eligible, you’ll earn wellness incentive points for having an annual preventive care exam with your health professional.

While you’re there, talk to your doctor about what screenings are right for you based on your age, gender and health history. Common exams for adults may include diabetes screenings; cancer screenings such as colonoscopies, mammograms and Pap tests; and heart-related screenings including cholesterol and blood pressure.

The earlier a condition is detected, the better your chances for successful treatment. Knowing your risks before you develop a serious condition may give you a chance to alter your lifestyle and avoid a serious diagnosis, too.
Get Rewarded

When you earn a total of 7,500 points by December 15, 2015, you may be eligible* for a $75 Visa® pre-paid gift card.

<table>
<thead>
<tr>
<th>Preventive Care</th>
<th>Earn 2,500 points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete a preventive care visit with your health professional</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Health Profile</th>
<th>Earn 5,000 points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete a health assessment online, anytime</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wellness Coaching</th>
<th>Earn 2,500 points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enroll in a telephonic wellness coaching program</td>
<td></td>
</tr>
<tr>
<td>Complete a telephonic wellness coaching program</td>
<td></td>
</tr>
<tr>
<td>Complete an online wellness coaching program</td>
<td></td>
</tr>
</tbody>
</table>

| Campus and Health System Wellness Program | Earn 2,500 points for on-campus activity 1
|------------------------------------------| Earn 2,500 points for on-campus activity 2 |
| 2,500 points each, up to 2 maximum |

Ready to Get Started?

Register on the Optum Wellness Website.
1. Visit ucal.us/uclivingwell, and click “Explore the Optum Wellness Website.”
2. Click on “Register.”
3. Enter your information.

Then, explore all areas of your personal wellness website, including completing a Total Health Profile. You’ll also record all of your activities to earn points toward your incentive reward gift card.

NOTE: You can participate in most Campus and Health System Wellness Program activities as part of UC Living Well, regardless of whether you’re eligible to earn the incentive.

* See page 1 for eligibility information.
Get a Coach on Your Side

Online Coaching*
After you’ve completed your Total Health Profile, the Wellness Website may recommend programs based on your conditions, risks and interests. You can also add programs you’d like to try, including weight loss, exercise and nutrition.

Telephonic Coaching*
For extra motivation and support to reach your health goals, work with a wellness coach over the phone.

Your wellness coach will develop a program tailored to fit your needs. He or she will also help you stay motivated, overcome roadblocks and encourage small, simple changes that can lead to big improvements to your health and well-being. Wellness coaches can help with:

• Nutrition
• Exercise
• Diabetes health
• Heart health
• Stress management
• Healthy weight
• QuitPower® tobacco cessation

Call 1-855-688-9775
Monday–Thursday, 5 a.m.–8 p.m. PT
Friday, 5 a.m.–5 p.m. PT
Saturday, 6 a.m.–11 a.m. PT

96% of people who work with a wellness coach are satisfied with their experience.

Based on actual program participant outcome results, Qtr 3, 2014

* See page 1 for eligibility information.
Find Your Health Age

Earn 5,000 points by taking the Total Health Profile.* This online health assessment questionnaire takes only 15 minutes to complete and provides a personalized report including your health age. Your health age compares your real age to the age your body “feels.” It’s accompanied by recommendations to keep you healthy or help you get healthier and includes helpful tips for reducing your health risks. Your individual responses and results are kept confidential in accordance with the law.

To get started, visit ucal.us/uclivingwell and log on to the Optum Wellness Website. You’ll find the Total Health Profile under I AM.

* See page 1 for eligibility information.

Do you know your health age? In 2014, the average health age for UC Living Well participants was 41.
Why is UC Living Well being offered?
Healthy employees contribute to a healthy workplace. Your daily decisions can help you lead a healthier, happier, more fulfilling life. UC Living Well can help you reach goals to achieve that quality of life.

What's the connection between UC Living Well and the wellness programs offered at my UC location?
Programs for staff, faculty and retirees at your location may have different names, but they are all part of UC Living Well. UC Living Well is the overarching “umbrella” brand for the UC system-wide wellness program and offers the UC community access to wellness programs, activities, resources and culture-of-health initiatives at all locations.

Who can participate in the UC Living Well campus and health system programs?
Campus and health system wellness activities are open to all employees. Retirees and spouses/domestic partners’ ability to participate varies by location; check with your local wellness coordinator for details.

I want to participate in activities at my UC location. How do I sign up?
You can find links to all of the wellness websites throughout the UC system on the UC Living Well page. Go to ucal.us/uclivingwell, and select your campus under “Campus and health system programs.” You can also find the contact information for your location’s wellness coordinator.

Who can participate in the Total Health Profile and coaching?
If you’re in one of the following groups and enrolled in a UC-sponsored group medical plan, you can participate in the Total Health Profile and wellness coaching offered through Optum.
• Faculty and staff, including new employees
• Represented employees whose unions have opted into the program
• Retirees living in California

For more information, visit ucal.us/uclivingwell

What if I need support accessing the wellness programs available through Optum?
There are two Optum wellness specialists who support UC Living Well initiatives. They provide one-to-one health consultations, host lunch-and-learns, and participate in UC events. To get support at northern UC locations, contact Jessalynn Bush at jessalynn.bush@optum.com. At southern UC locations, contact Sandy Wilson at sandy.wilson@optum.com. For issues with the Optum Wellness Website, you may also call 1-877-818-5826.

Where can I learn more about what's offered through my UC medical plan?
The new UC Living Well home page gives you easy access to all of your medical plan benefits. Go to ucal.us/uclivingwell, and then select your medical plan under “Health plans.”

FAQs

Participation in the Total Health Profile is strictly voluntary. Any health information collected as part of the assessment will be kept confidential in accordance with applicable law or your health plan’s privacy policy and will only be used for health and wellness recommendations.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the program is for informational purposes only and provided as part of your health plan. The wellness team cannot diagnose problems or recommend treatment and is not a substitute for your doctor’s care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.
Live well and be happy.

Take the next step toward lifelong health and well-being today with UC Living Well at ucal.us/uclivingwell.