



HUMAN RESOURCES AND BENEFITS

P.O. BOX 24570
OAKLAND, CALIFORNIA 94623-1570

February 2009

Dear CX bargaining unit member:

We are pleased to announce that as an employee in the Clerical and Allied Services Unit represented by CUE ("CX"), you and your eligible spouse or same sex domestic partner enrolled in UC's Anthem Blue Cross PLUS or PPO, CIGNA Choice Fund, Core, Health Net, or Western Health Advantage medical plans are eligible to participate in UC's StayWell wellness program as an option this year under the benefits program.

Because agreement between the University and CUE to the terms of this wellness benefit for CX bargaining unit members was reached late in 2008, the effective date of the program for CX bargaining unit members is Monday, March 2, 2009.

The program is completely voluntary and free to the member. A valuable part of the StayWell wellness program is the HealthPath Health Assessment. Upon completion of the Health Assessment, you'll receive immediate feedback, interactive tools and valuable resources. To encourage your participation, UC is providing a \$100 gift certificate to each eligible CX employee who completes the health assessment (and \$50 for a CX employee's eligible spouse or same sex-domestic partner who completes it). **YOU MUST SUBMIT THE HEALTH ASSESSMENT BY JUNE 10, 2009 TO RECEIVE THE GIFT CERTIFICATE.** The gift certificates can be redeemed at more than 350 merchants.

The University and StayWell have taken a number of steps to address the importance of keeping your personal information confidential. They are as follows:

- The company that offers the program is Staywell Health Management. UC will never receive any of your personal information. They will only receive aggregate and de-identified information to use for wellness program planning.
- **YOU ONLY HAVE TO USE THE LAST 6 DIGITS OF YOUR SOCIAL SECURITY NUMBER TO TAKE THE HEALTH ASSESSMENT ONLINE.**
- You have the option to allow StayWell to share your health assessment results with your medical plan, by answering Yes or No to the last question of the survey. All health plans have committed that this information will never affect the rates you pay or your ability to get insurance. You can find this commitment at: http://uclivingwell.ucop.edu/docs/healthplan_statement_confidentiality.pdf
- Frequently Asked Questions(FAQs) about privacy and confidentiality have been posted on the UC Living Well website at: <http://uclivingwell.ucop.edu/staywell/faq.html>

You may log on to the StayWell website at <https://uclivingwell.online.staywell.com> or contact the toll-free StayWell HelpLine at 800-721-2693 to request a paper copy of the health assessment. If your

health assessment identifies any significant lifestyle-related health risks, you will be invited to participate in the NextSteps® Wellness Coaching Program. The coaching program is a health education program designed to help participants set and achieve health improvement goals. Wellness coaching is a very valuable, entirely personalized feature of the StayWell program. Participants will receive information and personal guidance from an experienced wellness coach by phone, mail, or online. **This step is free to you and entirely voluntary.**

If you have any questions or concerns about this program please contact your local Benefits Office.

A handwritten signature in black ink that reads "S. Nielsen". The signature is written in a cursive, flowing style.

Shelley Nielsen
Interim Senior Director, Employee Relations
Employee Relations, Programs, Policies and Services
Human Resources