Everyone wants to live a healthier, happier life. But it’s not always easy to make changes, especially without ongoing support. Having someone to start you off, cheer you on and celebrate your success makes it much easier. Even fun.

You can work one-on-one with your personal wellness coach by phone. Your coach will help you discover what motivates you, tailor a program to fit your needs, help you overcome roadblocks and show you how small changes can lead to big improvements in your health and well-being. Choose the Wellness Coaching program that’s right for you:

- Healthy Weight
- Diabetes Health
- Heart Health
- QuitPower® Tobacco Cessation
- Nutrition
- Stress Management
- Exercise

You’ll earn 2,500 reward points for enrolling in a Wellness Coaching program, and another 2,500 points for completing a program.* When you earn 7,500 points, you’ll get a $75 prepaid Visa® gift card.

To learn more or to enroll in Wellness Coaching, call us toll-free at 1-855-688-9775.

Monday–Thursday, 5 a.m.–8 p.m.
Friday, 5 a.m.–5 p.m.
Saturday, 6 a.m.–11 a.m.

Access your wellness website at ucal.us/uclivingwell.
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*Employees and retirees enrolled in a UC-sponsored group medical plan are welcome to participate in UCLW and 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. A25651: 46009-022015