# PROGRAM ACTIVITIES
Complete between Jan. 1 and Dec. 15, 2015

## PREVENTIVE CARE  NEW IN 2015
Earn 2,500 points by having a preventive care exam with your health professional.
- 1 time maximum to earn points

## TOTAL HEALTH PROFILE
Complete online to earn 5,000 points.
- 1 time maximum to earn points

## WELLNESS COACHING
Enroll in 1 Telephonic Wellness Coaching program to earn 2,500 points.
- 1 time maximum to earn points
Complete 1 Telephonic Wellness Coaching program to earn 2,500 points.
- 1 time maximum to earn points
Complete 1 Online Coaching program to earn 2,500 points.
- 1 time maximum to earn points

## WELLNESS ACTIVITIES
Earn 2,500 points each, up to 5,000 points maximum.
- UC location activity 1 = 2,500 points
- UC location activity 2 = 2,500 points
UC location activities include:
- Education sessions
- Health screenings
- Healthy lifestyle programs
- Campus fitness activities
- One-on-one consultations
- UC walks

## EARNING AND REDEEMING POINTS

### PREVENTIVE CARE
Focus on your health by scheduling an annual preventive care exam with your health professional. Doing so may help you avoid health complications down the road. Once you have completed your preventive care exam, you'll need to record your activity on the Optum wellness website. To do that, first go to the UC Living Well page at [ucal.us/uclivingwell](http://ucal.us/uclivingwell). Then click “Log in to the Optum wellness website.” Once you log in, go to the I DO section. Under “Wellness Activities,” find preventive care exam. Click “I have completed this.” Be sure to keep a record of your exam for verification purposes.

### TOTAL HEALTH PROFILE
It takes just 15 minutes to complete your Total Health Profile. Go to [ucal.us/uclivingwell](http://ucal.us/uclivingwell), click on “Log in to the Optum wellness website.” After you log in, you’ll find the Total Health Profile under I AM. Credit will be given when the profile is completed.

### WELLNESS COACHING
To earn points for enrolling in Telephonic Wellness Coaching, you must schedule and complete your first call with the coach. To get started, call 1-855-688-9775.

To earn points for completing the telephonic program, work with your coach over two to three months to reach your goals. Your coach will record your completion.

To earn points for Online Coaching, complete a minimum of 12 online activities—such as reading articles, using tools and watching Online Coaching videos. Also, complete a minimum of five entries into any of the trackers. To get started and for more information, go to [ucal.us/uclivingwell](http://ucal.us/uclivingwell).

### WELLNESS ACTIVITIES
After participating in an activity either at your location or as part of a local wellness initiative (or designated alternative UC location), go to [ucal.us/uclivingwell](http://ucal.us/uclivingwell) and click on “Log in to the Optum wellness website.” Under I DO, click on the Wellness Activities program. From the left column, select UC Living Well Activity #1 (for your first activity) or UC Living Well Activity #2 (for your second activity) and click “I have completed this.” Be sure to keep a record of your participation for verification purposes.

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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](http://ucal.us/uclivingwell). Also, participation in on-site campus/health system wellness programs varies by campus; contact your location’s Wellness Coordinator for details. © 2015 Optum, Inc. All rights reserved. A12631 46001-022015*