

A GUIDE TO **THE UNIVERSITY OF ROCHESTER'S** WELLNESS
BENEFITS TO HELP YOU MAINTAIN A HEALTHY LIFESTYLE



TOTAL REWARDS
HUMAN RESOURCES
UNIVERSITY OF ROCHESTER



Ask about bringing a group program or presentation to your department through Well-U's departmental requests.
For more information: www.rochester.edu/human-resources/benefits/well-u/



“After my biometric screening, I left feeling so much better about my numbers and was reassured that I am on the right track.”

—University of Rochester employee

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Well-U

Important Notice Regarding the Well-U Wellness Program

The medical components of the Well-U program (including the Personal Health Assessment, which consists of the online health survey 1, the online health survey 2, and a biometric screening; lifestyle management program; condition management coaching; and Behavioral Health Partners) are a grouping of voluntary wellness programs available to all employees enrolled in the University of Rochester's Health Care Plan. Other components of Well-U, such as UR Medicine EAP and Wellness Programs, are available to all University employees regardless of Health Care Plan enrollment.

The Well-U program also offers financial rewards for employees, spouses, and domestic partners enrolled in a University Health Care Plan who participate in voluntary health management programs, as described below.

The Well-U program is administered in compliance with federal laws—including the Americans with Disabilities Act (ADA), the Genetic Information Nondiscrimination Act (GINA), the Health Insurance Portability and Accountability Act (HIPAA), and the Affordable Care Act (ACA), among others—which permit employers to sponsor wellness programs that seek to improve employee health or prevent disease. This notice is intended to comply with requirements of those laws and to explain your legal rights and how your health information will be protected.

Program Components and Financial Rewards

The Well-U Personal Health Assessment (PHA) program includes the online health survey 1, the online health survey 2, and a biometric screening program. The PHA's online health survey 1 asks a series of questions about your household and demographic information, health-related activities and behaviors, personal satisfaction and stress, physical activity levels, nutritional habits, sleep habits, and health goals. The PHA's online health survey 2 includes a series of questions about whether you have had certain medical conditions, including but not limited to cancer, diabetes, high cholesterol, heart disease, high blood pressure, pulmonary disease, depression or anxiety, low back pain, allergies, or stroke. The PHA program also offers on-site biometric screenings, which will include your height, weight, body mass index (BMI), abdominal girth, heart rate, and blood pressure as well as cholesterol and glucose levels (which requires a finger prick to obtain a small sample of blood).

The information from your online health survey 2 and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks and may also be used to offer you services through other components of the Well-U program, such as lifestyle management, condition management coaching, or Behavioral Health Partners. You also are encouraged to share your results or concerns with your own doctor. The results of your biometric

screenings will be entered into your electronic health record, where they can be accessed by your personal physician for treatment purposes (if your physician participates in the University's network).

Enrolled employees, spouses, and domestic partners who complete the completely voluntary online health survey 1 will receive a taxable cash incentive of \$125. Participants are not required to complete the online health survey 2 or participate in the biometric screenings. No financial incentive will be paid for completing the online health survey 2 or participating in the biometric screening. Enrolled children are not eligible to participate in the PHA's online health survey 1 or the online health survey 2 nor the biometric screening, nor are they eligible for the cash incentive.

Additional cash incentives of up to \$200 may be available for enrolled employees, spouses, and domestic partners who participate in certain health management activities. Employees, spouses, and domestic partners may each earn \$100 for completion of a lifestyle management program and an additional \$100 for completion of a condition management coaching program.

Lifestyle management program options include individual programs for cholesterol management, nutrition, physical activity, or tobacco cessation and group programs for weight loss, stress reduction, mindfulness-based stress reduction, physical activity, and healthy lifestyles.

The condition management coaching program helps employees manage certain chronic health conditions, including but not limited to asthma, atrial fibrillation, congestive heart failure, chronic obstructive pulmonary disorder, coronary artery disease, depression coaching and self-management, diabetes, high blood pressure, high cholesterol, low back pain, stroke, and weight loss.

There are no direct cash incentives for seeing a Behavioral Health Partners (BHP) provider (for treatment of stress, anxiety, or depression), but employee cost sharing is generally waived for BHP providers as part of the health plan design (except that employees enrolled in the HSA-Eligible Plan must first satisfy the plan deductible).

If you are unable to participate in any of the activities required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting the University Office of Total Rewards at (585) 275-2084. Recommendations of your personal physician will also be accommodated.

Protections from Disclosure of Medical Information

The information you share in the Well-U program is kept confidential and is protected by several laws, including HIPAA and the Americans with Disabilities Act, as well as the University's

internal policies. Although the Well-U program and the University may use aggregate information it collects to design a program based on identified health risks in the workplace, the Well-U program will never disclose any of your personal information either publicly or to the parts of the University considered to be your employer (except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program or as expressly permitted by law). Medical information that personally identifies you that is provided in connection with the Well-U program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

The information you share in the Well-U program will be used only to promote your health and may be forwarded to your personal physician or to other University health plans for purposes of treatment, payment, and health care operations. Specifically, the University of Rochester Health Care Plan (including the lifestyle management program, the condition management coaching program, Behavioral Health Partners, and Accountable Health Partners) and UR Medicine EAP are part of an Organized Health Care Arrangement, which means that protected health information can be shared among those plan components for purposes of treatment, payment, and health care operations without the need for your consent or authorization to use or disclose your health information to carry out these functions.

Only University employees and vendors responsible for administering or providing treatment services under the Health Care Plan and UR Medicine EAP, such as employees who work in the Office of Total Rewards, the School of Nursing, Center for Community Health and Prevention, Behavioral Health Partners, or Accountable Health Partners, have access to the Well-U program protected health information. This includes individuals with medical training such as physicians, internists, lipidologists, psychiatrists, clinical psychologists, nurse practitioners, registered nurses, social workers, registered dietitians, exercise specialists/physiologists, tobacco cessation counselors, and certified wellness coaches.

All medical information obtained through the Well-U program will be maintained separate from your personnel records. Information that is stored electronically will be secured when at rest and encrypted when in transit, and no information you provide as part of the Well-U program will be used in making any employment decision. All individuals handling protected health information are trained in HIPAA privacy and security rules and subject to disciplinary action (up to and including termination of employment) if they inappropriately use or disclose your protected health information. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs

involving information you provide in connection with the wellness program, we will notify you within the timeframes required by law and our HIPAA policies.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the Well-U program and your medical treatment, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive.

Anyone who receives your information for purposes of providing you services as part of the Well-U program will abide by the same confidentiality requirements.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice or about protections against discrimination and retaliation, please contact the University Office of Total Rewards at (585) 275-2084.

The University reserves the right to amend or terminate Well-U programs at any time. Additional information on the programs may be found at rochester.edu/well-u and the Summary Plan Description for the University of Rochester Welfare Benefits.

Notice of Nondiscrimination 2024

Strong Memorial Hospital and the University of Rochester Health Plans comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. Strong Memorial Hospital and the University of Rochester Health Plans do not exclude people or treat them differently because of race, gender, color, national origin, age, disability, or sex.

Strong Memorial Hospital and the University of Rochester Health Plans:

- Provide free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provide free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Interpreter Services at (585) 275-4778. If you believe that Strong Memorial Hospital or the University of Rochester Health Plans have failed to provide these services or discriminated in another way on the basis of race, gender, color, national origin, age, disability, or sex, you can file a grievance with the:

SMH Grievance Coordinator
601 Elmwood Ave. Box 612
Rochester, NY 14642
phone: (585) 275-0954
fax: (585) 756-5584.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the:

Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services
200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201
1-(800) 368-1019
(800) 537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu)。

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu) 번으로 전화해 주십시오.

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

אויפמערקואם: אויב איר רעדט אידיש, זענען פארהאן פאר אייך שפראך הילף סערוויסעס פריי פון אפצאל. רופט 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

লক্ষ্য করুন: যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নিঃখরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

تویوغلا دعاملا تامدخ نإف، تامللا ركذا ثدحتت تنك اذا: تطولم قرد لصتا. ناجملاب اكل رفاوتت 1-585-275-4778 (مقر) هاتف الصم والبكم: (email: Interpreter_services@urmc.rochester.edu).

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-585-275-4778 (email: Interpreter_services@urmc.rochester.edu).

"I have suffered from diabetes all my life, and I was finally able to get ahead of it because of Condition Management Coaching."

—University of Rochester Employee

96%

Found personalized recommendations helpful

97%

Would recommend PHA to a colleague

74%

Increased daily fruit/vegetable intake

83%

Increased weekly minutes of physical activity

98%

Would recommend biometric screening to a colleague

"My lifestyle management program reminded me that I am not the only one struggling."

—University of Rochester Employee

87%

Reported a higher sense of well-being



Start Your Wellness Journey

As your partner in wellness, we're here to empower you with the education, coaching, and support to reach your health goals. From managing chronic conditions to supporting healthy lifestyles, emotional well-being, and more, we arm you with tools to take an active role in your wellness.

Getting healthy has its rewards, like feeling better, having more energy, or experiencing less pain. As an added benefit, eligible University employees (see eligibility chart below) have the opportunity to receive up to \$325 per year for completing certain activities and programs.

Rest assured that any health information discussed during your wellness programs is not shared with your employer and is kept completely confidential.

The road to good health is not a destination, it's a journey. We'll be there to motivate, inspire, and keep you on track.

—Your Employee Wellness Team

2024 Well-U Program Eligibility

What programs are you interested in?

	To which group do you belong?		
	<ul style="list-style-type: none"> Faculty Staff Residents and Fellows and their Spouses/ Domestic Partners <i>Enrolled in a University Health Care Plan*</i>	<ul style="list-style-type: none"> Postdocs and their Spouses/ Domestic Partners <i>Enrolled in a University-Sponsored Health Care Plan</i>	Regular full-time/part-time <ul style="list-style-type: none"> Faculty Staff (including SEIU members) NOT enrolled in a University Health Care Plan
Personal Health Assessment: Online Health Surveys and Biometric Screening	Eligible (plus incentive) [†]		NOT Eligible
Lifestyle Management Programs	Eligible (plus incentive) [†]		NOT Eligible
Condition Management Coaching	Eligible (plus incentive) [†]		NOT Eligible
Wellness Programs [‡]	Eligible		
UR Medicine EAP [‡]	Eligible		
Behavioral Health Partners (BHP) [§]	Eligible	NOT Eligible	NOT Eligible

* Including non-Medicare-eligible retirees and spouses/domestic partners enrolled in a University Health Care Plan.

† Wellness programs can be found on page 11 of this catalog and online at rochester.edu/totalrewards/well-u.

‡ Eligibility for UR Medicine EAP includes employees and members of their household.

§ Eligibility for Behavioral Health Partners (BHP) includes regular full-time and part-time faculty, staff, residents, and fellows age 18 or older; non-Medicare-eligible retirees enrolled in a University Health Care Plan; and spouses/domestic partners and dependent children of active employees or non-Medicare-eligible retirees who are 18 or older and are enrolled in a University Health Care Plan. SEIU 1199 and SEIU Local 206 Union employees are not eligible for Behavioral Health Partners (BHP).

¶ Eligible participants can receive up to \$325 per calendar year. Earn \$125 for completing your online health survey 1; earn \$100 for completing a lifestyle management program; earn \$100 for completing condition management coaching, if eligible.

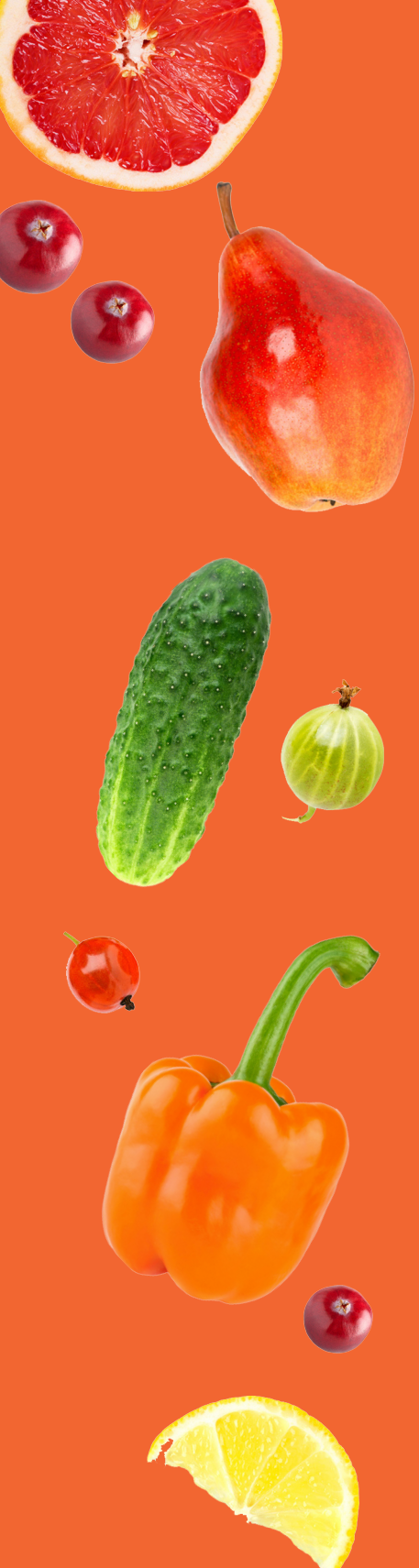
The Employee Assistance Program for faculty and staff of the University of Rochester includes only UR Medicine EAP. The Personal Health Assessment, lifestyle management programs, condition management coaching, and Behavioral Health Partners (BHP), are part of the University Health Care Plan.

This document provides only a summary of some of the features of this plan. Detailed information about the plan is available on the Total Rewards website, rochester.edu/totalrewards; a paper copy of the information is available for free from the Office of Total Rewards. The University reserves the right to modify, amend, or terminate the plan or programs at any time, including actions that may affect coverage, cost-sharing, or covered benefits as well as benefits that are provided to current and future retirees.

Individuals represented by collective bargaining agreements receive benefits in accordance with those agreements.

Privacy notice

The information you share in the Personal Health Assessment (PHA) is kept confidential and is protected by several laws, including HIPAA and the Americans with Disabilities Act, as well as the University's internal policies. The information will be used only to promote your health and may be forwarded to your personal physician or to other University health plans for purposes of treatment, payment, and health care operations. Specifically, the University of Rochester Health Care Plan (including condition management coaching, lifestyle management programs, and Behavioral Health Partners) and UR Medicine EAP are part of the Organized Health Care Agreement, which means that protected health information can be shared among those plan components for purposes of treatment, payment, and health care operations without the need for your consent or authorization to use or disclose your health information to carry out these functions. Only University employees and vendors responsible for administering those plans, such as employees who work in the Office of Total Rewards, the School of Nursing, Center for Community Health and Prevention, and Behavioral Health Partners, who perform services for the plan, have access to protected health information. Those employees are trained on privacy procedures and are subject to disciplinary action for failure to comply. The types of information obtained in the PHA include demographics and employment information, lifestyle habits, and personal medical history.



Personal Health Assessment: Online Health Surveys and Biometric Screening*



Get a clear picture of your health and wellness, then create a plan:

Your online health surveys:

Confidential surveys about your lifestyle habits, health history, and current health status.

Your biometric screening:

A registered nurse will conduct your screening, discuss your results with you privately, and offer ideas to improve your well-being.

Log in at urwell.rochester.edu to view recommendations, resources, and your past results.



Biometric Screening Information

urwell.rochester.edu

(585) 275-6810

urcew@urmc.rochester.edu

Lifestyle Management Programs*:

Lifestyle Management Programs

Website: urwell.rochester.edu/programs

Phone: (585) 602-0720

Email: URWell.Lifestyle@urmc.rochester.edu



GROUP PROGRAMS

WEIGHT LOSS

With expert guidance, achieve maximum results with group support and optional one-on-one dietitian guidance.

MINDFULNESS-BASED STRESS REDUCTION

Explore living mindfully to gain more life balance, stability, and satisfaction. May include a daylong silent retreat.

NUTRITION BASICS

Uncover the fundamentals of different nutrients and trending diets, and how they may work best for you.

FITNESS 101: GET STARTED

Learn how to build your own exercise program, prevent injury, manage recovery, and stay motivated.

STRESS REDUCTION

Gain skills to better manage stress, find healthier work-life balance, and refocus your priorities.

GOAL-SETTING SUCCESS

Set realistic goals, maintain motivation, build healthy habits, and see success.

ONE-ON-ONE PROGRAMS

CHOLESTEROL MANAGEMENT

Lower your score through minor changes while reducing your risk of heart disease and stroke.

YOU CAN QUIT!

Reduce or end the nicotine habit with continuous expert support.

FITNESS 201: GET STRONGER

Make a strength training program with expert help and online exercise design platform.

NUTRITION AND YOU

Address personal nutrition goals and individual dietary needs to manage health concerns and prevent chronic diseases.

Earn
\$100

for completing a
lifestyle management
program*

96% of those who completed a stress reduction program cited a decrease in perceived stress score.

*Certain programs are subject to eligibility. See eligibility chart on page 7.





Condition Management Coaching*

ONE-ON-ONE COACHING

DEPRESSION COACHING AND SELF-MANAGEMENT

Identify and manage lifestyle choices that make symptoms worse. Find out how exercise, nutrition, sleep, socialization, and stress reduction can lessen symptoms.

HEART HEALTH COACHING FOR

Atrial Fibrillation: Manage your A-fib, including medication usage and taking precautions to prevent complications.

Coronary Artery Disease: Create a nutrition and exercise plan to keep your heart healthy and learn how to effectively manage your medications.

Heart Failure: Reduce strain on your heart by eating well and moving more. Recognize signs to seek medical attention.

Stroke: Learn lifestyle changes to deal with the effects of having a stroke and how to control blood pressure and lipid levels to avoid future strokes.

HEALTHY BREATH COACHING FOR

Asthma: Breathe easier by learning how to manage your environment and other triggers.

Chronic Obstructive Pulmonary Disease (COPD): Minimize complications by identifying warning signs and avoid flare-ups and breathlessness.

DIABETES

Keep blood sugar, blood pressure, weight, and cholesterol in check. Learn to identify symptoms and what to do when they occur.

HEALTHY WEIGHT

Explore the reasons that people struggle with weight management and define the most effective strategies to help you accomplish your goals.

HIGH BLOOD PRESSURE

Develop a plan that will work for you and find out how to maximize your medication effectiveness.

HIGH CHOLESTEROL

Achieve healthy lipid levels through specific dietary changes, weight control, and exercise.

LOWER BACK PAIN

Manage your low back pain through simple lifestyle changes such as body mechanics, exercises, and proper footwear.

OSTEOARTHRITIS

Manage the pain and disability that accompanies osteoarthritis by incorporating beneficial lifestyle choices into your daily routine.

New

Earn \$100
for completing a condition management program*

*Certain programs are subject to eligibility. See eligibility chart on page 7.



Condition Management Coaching

Website: urwell.rochester.edu/programs

Phone: (585) 275-6300

Email: URWell.Programs@urmc.rochester.edu

Wellness Programs

Wellness Programs

Website: rochester.edu/well-u

Phone: (585) 273-5240

Email: Well-U-info@rochester.edu



Well-U offers programs and events to improve your fitness, reduce stress, and encourage healthy habits for all University employees.

STUDIO SWEAT ON DEMAND

Get free access to this virtual fitness and well-being platform. Stream live classes or watch on your schedule with on-demand options. More than 2,000 videos are available, with new classes added weekly.

FITNESS TRAINING PROGRAMS

Learn to Run is an eight-week program that guides runners to safely meet their goals.

UNIVERSITY-WIDE WELLNESS CHALLENGES

Individual and team challenges are hosted throughout the year to encourage you to get moving and build a lifestyle of good health.

STRESS-FREE ZONES

Take a mental break to enjoy adult coloring, create your own mindfulness jar, and engage in other activities to inspire you to relax and de-stress.

GUIDED RELAXATION

Press pause during the busy workday and get ready to take a deep breath to relieve tension.

WEEKLY MEAL SUBSCRIPTIONS

University employees can receive a 20 percent discount on Effortlessly Healthy weekly meal subscriptions. Meals can be picked up at the Medical Center twice a week.

WELL-U CHAMPIONS

Become a Well-U champion for your department. Champions are valued liaisons and work closely with Well-U to bring health and wellness directly to their department.

DEPARTMENTAL WELLNESS CHALLENGES

Utilize premade challenges for just your department to help build a framework for healthy habits for yourself and your coworkers. Well-U provides the idea, templates, and prizes for you.

3,707

University of Rochester employees took 954,184,587 steps during Walktober, Well-U's fall University-wide wellness challenge.

Become a Well-U Champion



Department Requests

Bring Well-U programs directly to your department by filling out the Well-U department request form found on the Well-U website.



Emotional & Mental Health Resources



UR Medicine EAP:

More Information

Website: urmc.rochester.edu/eap

Phone: (585) 276-9110

Email: eap@urmc.rochester.edu

Behavioral Health Partners:

More Information

Website: bhp.urmc.edu

Phone: (585) 276-6900

Email: bhp@urmc.rochester.edu



The University provides programs and confidential resources to help you get on track and feel your best.

UR MEDICINE EAP

Free and confidential guidance and support, for employees and members of their household, to address a variety of personal and work-related challenges.

UR Medicine EAP will help assess:

- Problems with a supervisor or coworker
- Depression
- Anxiety
- Grief and bereavement
- Family/marriage/relationship issues
- Drug/alcohol dependency
- Financial stress
- Concerns about your child or adolescent
- Parent/child problems
- Stress-related illnesses
- Mediation needs
- Becoming a parent
- Illness or disability

HEALTH BITES

This is a series of health- and wellness-related presentations from the University and community members.

BEHAVIORAL HEALTH PARTNERS (BHP)*

A unique mental health service offering individual therapy, medication management, and consultations with primary care physicians. These confidential, short-term, evidence-based treatments are available for stress, anxiety, and depression. BHP offers:

- Easy access
- Day and evening hours
- Telehealth services

**Certain programs are subject to eligibility. See eligibility chart on page 7.*

ADDITIONAL EAP PROGRAMS

EAP Supervisor Series

Supervisors may attend one or all classes in this series designed to examine your current managerial practices, expand your knowledge of the resources available to you and staff members, and discover alternative ways to deal with conflicts.



Additional Resources

Excellus BlueCross BlueShield

1 (800) 659-2808 or (585) 232-2632
excellusbcbs.com/ur

Dental Plans

1 (800) 724-1675
excellusbcbs.com

UR Employee Pharmacy

(585) 276-3900
urmc.rochester.edu/pharmacy/pharmacies/employee

Navitus Pharmacy Benefit Manager

(833) 210-5965
navitus.com

Accountable Health Partners (AHP)

(585) 758-7823
ahpnetwork.com

Goergen Athletic Center

(585) 275-7643
rochester.edu/athletics/facilities

URMC Fitness Center

(585) 275-2437
urmc.rochester.edu/fitness-center

YMCA Member Discount

All regular full-time and part-time faculty and staff (including union members) are eligible for a discounted YMCA membership. In addition to a discounted membership, employees will have their joining fee waived and will have access to all locations within the YMCA of Greater Rochester Association.
(585) 546-5500
rochesterymca.org/university-rochester-wellness-partnership



Weekly Wellness

Sign up for *Weekly Wellness*, a weekly email newsletter from the Well-U team featuring weekly recipe ideas, current wellness articles, a snapshot of upcoming wellness events, and monthly prize drawings.

rochester.edu/human-resources/benefits/well-u



Well-U and Studio Sweat onDemand bring you—

Total Access to the Ultimate onDemand Fitness Platform.

Studio SWEAT onDemand delivers the best in onDemand workouts, available from any mobile device, computer, or smart TV—totally **FREE OF CHARGE!**



With your FREE All Access Pass with Studio SWEAT onDemand, you get:

- A huge library of streaming workouts, including cycling classes (using any bike you like), yoga, kickboxing, bootcamp, TRX, HIIT, and more!
- Passionate, world-class trainers
- Access to the app named “BEST FITNESS APP FOR VARIETY”
- A fully immersive, in-studio vibe

Choice Partner Content

Studio SWEAT onDemand has teamed up with some of the biggest names in fitness to give you even more variety—

RIP Barbell

Get a total-body blast using a barbell, plates, and dumbbells—set to heart-thumping tunes.

Piloxing

These workouts fuse Pilates, boxing, and choreo—for an all-out cardio sculpt assault!

Mindful Meditation

Calm and center yourself with these blissful guided meditations.

Scenic Virtual Experiences

These immersive experiences will have you riding or running through majestic scenes around the world!



To get started, scan the QR code or visit studiosweatondemand.com/well-u.



Your 2024 Well-U Checklist:

Personal Health Assessment: Online Health Surveys and Biometric Screening*

Create a Plan:

- Your online health surveys
- Your biometric screening

Earn \$125 for completing.

Lifestyle Management Programs*:

Group Programs:

- Weight Loss
- Mindfulness-Based Stress Reduction
- Nutrition Basics
- Fitness 101: Get Started
- Stress Reduction
- Goal-Setting Success

One-on-One Programs:

- Cholesterol Management
- You Can Quit!
- Fitness 201: Get Stronger
- Nutrition and You

Earn \$100 for completing one lifestyle management program per year.

To access more information on lifestyle management programs:

Website: urwell.rochester.edu/programs

Phone: (585) 602-0720

Email: URWell.Lifestyle@urmc.rochester.edu

Condition Management Coaching*:

One-on-One Coaching:

- Asthma
- Atrial Fibrillation
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease (CAD):
- Depression Coaching and Self-Management
- Diabetes
- Healthy Weight
- Heart Failure
- High Blood Pressure
- High Cholesterol
- Lower Back Pain
- Stroke
- Osteoarthritis New

Earn \$100 for completing one condition management coaching program per year.

To access more information on condition management coaching programs:

Website: urwell.rochester.edu/programs

Phone: (585) 275-6300

Email: URWell.Programs@urmc.rochester.edu

Wellness Programs:

Well-U offers programs and events to improve your fitness, reduce stress, and encourage healthy habits.

- Studio SWEAT onDemand
- Fitness Training Programs
- University-wide Wellness Challenges
- Stress-Free Zones
- Guided Relaxation
- Weekly Meal Subscriptions
- Well-U Champions
- Departmental Wellness Challenges
- Department Requests

To access more information on Wellness programs:

Website: rochester.edu/well-u

Phone: (585) 273-5240

Email: well-u-info@rochester.edu

TOTAL REWARDS

HUMAN RESOURCES
UNIVERSITY OF ROCHESTER

**Certain programs are subject to eligibility. See eligibility chart on page 7.*



Office of Total Rewards
60 Corporate Woods
Suite 310
Rochester, NY 14627



***“Thanks for everything you do with Well-U.
It is a great service, and I am excited to be
starting a course in two weeks to continue
my health improvements.”***

—University of Rochester Employee

The humble dandelion is a symbol of hope, healing, and resilience in many cultures around the world and a reflection of the spirit of perseverance as the University of Rochester’s official flower.

