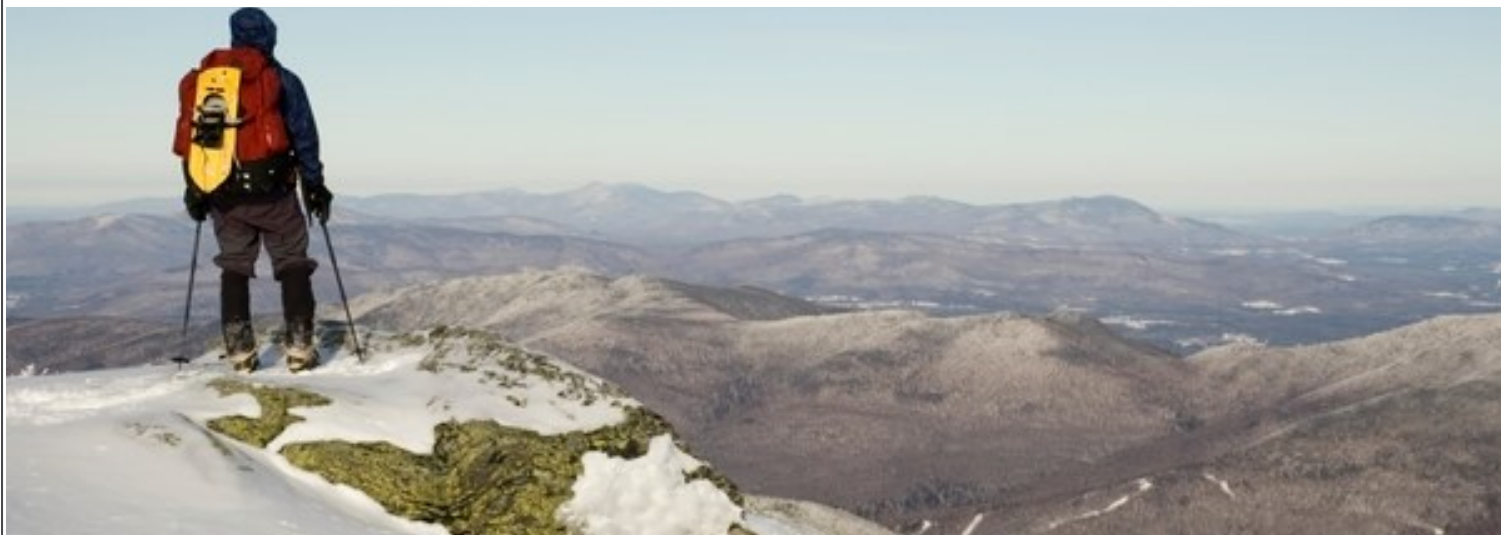


# UVM Health Network Medical Group Take it to the Next Level in 2019 Earn Up To—\$175



The UVM Health Medical Group Employee Wellness program invites you, as a provider, to participate in our 2019 *Take it to the Next Level* wellbeing campaign. Stay connected with your local network hospital wellness program by participating in their offerings or feel free to participate in the offerings provided by UVM Health Network Medical Group Employee Wellness. After completion of any activities, you will be asked to complete your online health assessment and record your completed activities in the UVM Health Network Medical Group portal. These incentives are paid out through payroll. All UVM Health Network Medical Group programs and activities are free. We welcome you and hope that you will join in!

## TAKE IT TO THE NEXT LEVEL IN 2019

Employee Wellness has created challenges and incentives to help you lead an active and healthy lifestyle—both at home and at work. Find your starting point by participating and encouraging others to join in. Begin to connect with proven ways to challenge yourself toward improved health and wellness.

- **Earn \$25** — Participate in a biometric screening (instant gift card)
- **Earn \$30** — Complete the Online Health Assessment
- **Earn \$10** — Complete the Know Your Score survey
- **Earn \$35** — Complete a Preventive Health screening or activity
- **Earn \$50** — Participate in a Wellbeing Activity from any of the five Dimensions of Wellbeing
- **Earn \$25** — Build Resiliency through targeted stress reduction activities

## 2019 EMPLOYEE WELLNESS PROGRAM DETAILS

Visit the Employee Wellness website to track completion of wellbeing activities. Visit HR Central on the UVM Medical Center intranet and click on the Employee Wellness icon. The website will have important dates for challenges, incentive payment information and updated Employee Wellness information during the year. Be sure to check back frequently for updates.

### BIOMETRIC SCREENING: EARN \$25 (INSTANT GIFT CARD)

Work with an Employee Wellness Health Coach to know your numbers. This 15-minute encounter will provide you with your numbers (including Blood Pressure, Cholesterol and Glucose). Your Health Coach can help you to develop actionable steps you can take toward wellbeing.

### ONLINE HEALTH ASSESSMENT: EARN \$30

Evaluate your current health with a quick 10-minute Health Assessment and earn \$30. Visit the Employee Wellness website to complete your health assessment today.

### KNOW YOUR SCORE: EARN \$10

The Know Your Score tool is a quick and easy way to learn about strengths in your wellbeing. Use the updated survey tool to identify key areas and build on your individual strengths.

### PREVENTIVE HEALTH: EARN \$35

Use your health benefits to take it to the next level. Take proactive steps to live your best life today and for years to come.

### BUILDING RESILIENCE: EARN \$25

Find ways to reduce your stress and increase your resiliency to ever-changing demands at home and work. Choose from several options to help you manage stress and adapt to changes in your life.

### CHOOSE A WELLBEING ACTIVITY: EARN \$50

Take it to the next level in 2019—try something new or include your friends, co-workers or family members in your wellbeing. Choose an activity from any of the five Dimensions of Wellbeing to support healthy habits and work/life balance.

The five Dimensions of Wellbeing include:

- Physical
- Emotional/Social
- Community
- Financial
- Career

### FOR MORE INFORMATION

To learn more about Employee Wellness offerings, visit the Employee Wellness Intranet page (under the Employee Resource dropdown) or signup for the Employee Wellness Facebook group.

### EMPLOYEE WELLNESS

1 South Prospect Street  
Burlington, VT 05401

### HOURS

Monday – Friday  
8 am – 4:30 pm

### PHONE

(802) 847-2827

### FAX

(802) 847-8049

### EMAIL

Wellness@UVMHealth.org



UVMHealth.org/MedCenter