Do you remember the recent prick of the needle to draw blood for our yearly biometrics test and the numbers that were presented to us afterwards? We are sure every employee used the test results to reflect on their health and to plan changes in their lifestyle for better health in the future. Okay, who are we kidding? Most of us took the test because doing so saved us up to $40.00 per month on our health insurance premiums (depending on the insurance plan enrolled in). Most employees input the information into their health quotient and went back to their regular life intending to do something about their health, but not quite getting around to it.

The Well U program can help everyone get around to it. Services offered through the program are designed to help employees think about their overall wellness and to take action.

If you haven’t done your biometrics screening and health quotient yet, it isn’t too late. Employees may sign up anytime. There will be a delay in your premium discount and the discount is not retroactive.

The Well U program began during spring 2007 and is designed to make wellness a priority at the U. Over the years, the services and requirements have expanded to provide information about wellness and resources to employees to increase their well being.

A full description of the Well U program can be found at [http://www.hr.utah.edu/wellu/](http://www.hr.utah.edu/wellu/).

In July 2009, Well U and the University Health and Wellness Center formed a partnership and launched the Well U Passport Program. Each employee receives a virtual passport that offers 6 free sessions per year that can be used by the employee or family members. Sessions are scheduled with wellness experts in the following areas:

- Exercise Prescription
- Fitness Assessment
- Personal Health Coach Consult
- Biometrics Explained
- Nutrition Consult
- Weight Management/Weight Loss
- Follow-up consultations with any of the above.

Amy Tolman, a Human Resources Representative, has used the passport for a fitness assessment and a fitness prescription. She states, “The sessions are very helpful and highlighted the areas needing improvement. The staff provided an exercise plan that included variety which is what I needed. I always encourage people to use the passport. The staff is friendly, approachable and full of encouragement. I didn’t feel intimidated and felt they wanted me to succeed.”

To schedule a session or to find additional information regarding this program, visit [http://www.hr.utah.edu/wellu/passport/](http://www.hr.utah.edu/wellu/passport/).

Make an appointment and spread the word. Use the Well U passport to become a healthy and well “U” this summer.

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**HIGHLIGHTS**

- Well U Passport
- Nutrition
- Physical Activity
- Biometrics Testing
- Well U Website

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**Visit Staff Council at** [http://web.utah.edu/staffcouncil](http://web.utah.edu/staffcouncil)