



UNIVERSITY OF ARKANSAS SYSTEM

FIND YOUR HEALTHY PLACE

Better health is a journey, not a destination. Before we can reach our personal goals, we need to know where we're starting from, and where we want to go.

With UMR's Live Well Reward\$, you have an opportunity to receive financial rewards for taking a few simple steps toward living a healthier life. Your participation is completely voluntary, and all resources are available at no cost to you. Keep reading to learn how you can start earning today.

This year, you can receive up to **\$500** in **Online Rewards**. Here's how:

YOUR GOALS:

COMPLETE BY/ REFERENCE PAGE:

Opt-in to Wellness Program on umr.com <i>Active Members must enroll during Open Enrollment*</i>	10/1/2023-11/6/2023
Get your annual wellness visit**	10/1/2023-9/30/2024
Complete your preventive screenings**	10/1/2023-9/30/2024
Ongoing Condition CARE Engagement	10/1/2023-9/30/2024
Join the Wellness Events	Page 2-3
Be tobacco free	Page 4
Wellness Actions Plans	Pages 5-6

**You must opt-in to the wellness program on umr.com prior to earning other points within this incentive. Employees hired after 11/6/2023 can enroll through 1/15/2024.*

*** We strongly encourage you to receive these services no later than 60 days prior to the completion deadline, in order to ensure adequate claim processing time. Preventive screenings include: Cholesterol, Diabetes, Flu Vaccinations, Breast, Cervical, Colorectal and Prostate Cancer screenings.*

Review your rewards and track your progress in the Live Well Reward\$ Wellness activity center.

You can check your progress in the Live Well Reward\$ program anytime at umr.com. Simply log into **umr.com** and click on the **Wellness activity center** tile to review your activities and rewards. If you have any questions regarding LWR\$, please call **1-800-826-9781**.



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GOAL

JOIN A WELLNESS EVENT

This year, as part of the Live Well Reward\$ program, you have an opportunity to receive **50 points** (1 point = \$1) in Online Rewards for completing certain wellness events.

These events are designed to help you adopt new healthy habits and feel part of a community that is committed to getting well together.

HOW TO EARN YOUR REWARD:

After you complete an event, you must access your online services on **umr.com** to let us know. Follow these simple steps to earn your reward:

1. Log in to **umr.com** using the username and password you selected when you registered for online services. (If you are using Safari as your browser, make sure your pop-up blockers are turned off.)
2. Select the **Wellness activity center** shortcut tile, located toward the bottom of the page.
3. Click the **Get started!** button from the wellness activity center landing page. If you are not redirected, please check to see if a new tab or page has opened.
4. Select Record event from the **Things to Do** list on the right side of the page.
5. Select your activity from the list of open events, then mark the date of the event and click the box to confirm you have completed the activity requirements. Then click **Record**.

See back for a list of this year's events »

YOUR EVENTS FOR 2023-2024	DATES	EARN
Opt-in to Wellness Program on umr.com	10/1/2023-11/6/2023*	Active Members must enroll during Open Enrollment by 11/6/2023
Tobacco/Nicotine Free Status	1/1/2024-9/30/2024	\$50

*** In order to keep the current wellness benefit of reduced Out of Pocket, participants must enroll on the UMR website.**

For current employees, Opt-in to Wellness must be completed on umr.com by the close of benefits open enrollment on 11/6/2023.

For new hires after 11/6/2023, enrollment must be completed by 1/15/2024. Due to Opt-in period, new hires on and after 1/1/2024 are not eligible for the 2024 plan year.



You lived for years without tobacco

And you'll be able to live without tobacco again



If you're ready to quit or reduce your use of tobacco and nicotine products, UMR's Tobacco and Nicotine Cessation Program is available at no cost to **University of Arkansas System employees**. People who work with a UMR CARE coach are more successful than those who try to quit or reduce their use on their own.

How it works

Our team of certified tobacco cessation specialists will work with you to develop a plan to quit or reduce your use and offer strategies and support to help you reach your goal.

After you set your personal goal, your assigned CARE coach will be available for a series of one-on-one phone sessions at times that are convenient to you.

In addition, your coach will send you helpful educational materials with facts and tips on overcoming unhealthy habits. With **umr.com**, you also have access to an online action plan for quitting tobacco use. The interactive online lesson plan is personalized for you to help you overcome your barriers and achieve your goals.



All conversations between you and your coach are completely confidential.

Earn \$50 with Tobacco/Nicotine Cessation Coaching Completion

ENROLL today

**Call us at
800-207-7680**

or scan the
QR code below
to enroll in the
Tobacco and Nicotine
Cessation Program



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Complete an action plan



When you're ready to make a healthy change, it helps to have a plan for success.

Your online services on **umr.com** include personalized action plans to support you in making behavior changes and lifestyle choices to get and stay healthy. The interactive sessions offer plans for a variety of healthy goals, so you choose the one that best fits your health needs and interests:

- Healthy eating
- Weight management
- Quit smoking
- Physical activity
- Stress management
- Diabetes prevention
- Heart disease management
- Financial wellness
- Diabetes management
- Heart disease prevention
- Depression
- Risky drinking
- Back care

Work through a personalized lesson that helps you overcome your barriers and achieve your goals.

Member may complete 5 up to \$250

How to get started

- ▶ Log in to your account on **umr.com**. (If you are using Safari as your browser, make sure your pop-up blockers are turned off.)
- ▶ If it's your first time using the site, select **Login/Register** and follow the steps to register an online account. Make sure you have your ID card handy.
- ▶ Once you've signed in, select **Health center** from the myMenu and click the **Start a health action plan** icon.
- ▶ Click the **Get started!** button from the wellness activity center landing page; If you're not redirected, please check to see if a new tab or page has opened.

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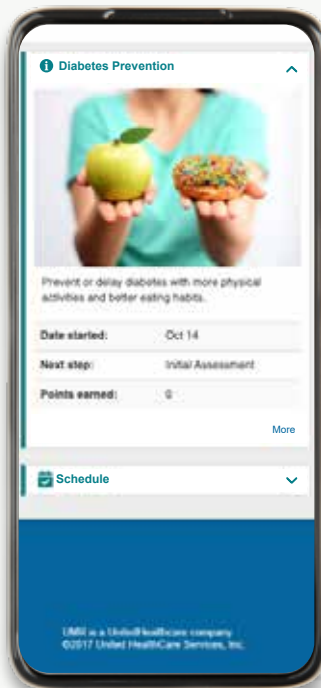
How to complete an action plan

Under the **Action plans** section, you can click **Enroll** to begin one of the plans displayed.

A red alert notification will appear when your next step is available to complete.

Click < or > to see all of the available plans.

You can click **Enroll** to begin one of the plans displayed.



Complete the steps in the action plan

1 Set up your profile

Start by profiling your current behaviors and readiness to make changes.

2 Make a plan

Select the goals you want to work on and the barriers that might block your progress.

3 Take action

Work through a personalized lesson that helps you overcome your barriers and achieve your goals.

4 Measure your progress

See how far you have come and what more you might do.

5 Stay on track

You will receive a reminder in your list of **Things to Do** when it is time to complete the next step in your action plan. You may complete one step per week.



REWARDING WELL-BEING

Online Rewards makes it easy to turn the points you've earned for completing incentive program activities into your choice of gift cards or merchandise from popular brands, stores and restaurants.

When you're ready to choose your reward, log in to **umr.com** using your registered username and password.

Then follow these simple steps:

1. Select **Wellness activities** from **Things to do** on your homepage.
2. Or select **Wellness activity center** to get started.
3. Under **Rewards**, click on the **Redeem** button.

You'll then be directed to the rewards center, where you can browse for popular items, or search for your favorite brands, stores or restaurants.

Your reward catalogue includes items from the following categories:

- Health & personal care
- Wellness products
- Fitness devices
- Sports & outdoors
- Gift cards
- Books
- Electronics
- Fashion & accessories
- Home & garden
- Toys & games
- Music & movies

NOTE: Incentives earned from completion of wellness activities and redeemed through Online Rewards may be considered taxable income.


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