

# Let's get into Being Well

Finding ways to stay healthy doesn't have to be difficult. Healthy choices are all around us every day.

Baylor University has teamed with UMR Wellness CARE to offer a Baylor Physical Wellbeing program to help you recognize and make the most of your health care opportunities. Here, you'll find details about how to earn rewards when you meet specific goals. Additional wellness resources are available on [umr.com](http://umr.com), including a library of health information, videos and interactive "action plan" tutorials to help you get and stay healthy.

## EARN YOUR REWARDS

Your participation is voluntary, and all resources are available at no cost to you. Faculty and staff and their spouses can earn up to a \$400 reward in the form of a reloadable reward card by completing the Baylor Physical Wellbeing **GOAL(S)** below by December 31, 2023. For more detailed information on how to earn your incentive, log in to [umr.com](http://umr.com) and from the **Health Center** select **Wellness Activities**.

**GOAL: COMPLETE YOUR CHRA BETWEEN  
01/01/2023 TO 12/31/2023 - \$50**

Filling out an online clinical health risk assessment (CHRA) will help you see how healthy you are right now and what areas you can improve. It will only take 20 minutes to complete. Log in to [umr.com](http://umr.com) and select **Take CHRA**.

**GOAL: RECEIVE YOUR BIOMETRIC SCREENING - \$50**

Certain numbers can tell you a lot about your odds for developing health problems in the future. To find out where you stand, we use a basic screening to measure your height and weight and check for conditions such as high blood pressure, high cholesterol and diabetes.





## DOWNLOAD YOUR PHYSICIAN LAB FORM FOR YOUR BIOMETRIC SCREENING:

1. Log in to your online services on **umr.com**.
2. Select **Health Center** from the myMenu on your home page.
3. Choose **Wellness Activities** to get started.
4. Look for **Physician Lab Forms** in the resources area and click the **Download** button.



## **GOAL:** COMPLETE AN ACTION PLAN - \$25 each up to a maximum of \$100

If you're ready to get more active or eat better to lose weight and feel your best, there are free resources waiting for you at **umr.com**. Our interactive action plans guide you in building healthy habits. To get started, log in to **umr.com** and from the **Health Center** select **Wellness Activities** then go to **Action Plans** and select **Enroll**.



## **GOAL:** ENGAGE IN CHALLENGES - \$100 per challenge up to a maximum of \$300

You will have an opportunity to join fellow employees in wellness challenges so you can encourage and motivate each other to lose weight, eat better or be more physically active. To get started or find out more information, log into **umr.com** and from the **Health Center** select **Wellness Activities**.



## **GOAL:** ENROLL IN A FITNESS PROGRAM - \$50

If you enroll or are already enrolled in a fitness program, such as a gym membership you can earn a \$50 reward once per calendar year.



## **GOAL:** FITNESS PROGRAM GYM VISITS - \$25 per quarter up to a maximum of \$100

By visiting your gym or fitness center, you can earn \$25 per quarter.



## LOOKING FOR HELP?

Log in to **umr.com** and select Contact us from the top of the page and choose Wellness CARE. Or call **800-207-7680**.

*If you think you might be unable to meet a standard for a reward under this program, you might qualify for an opportunity to earn the same reward by different means. Contact us and we will work with you to establish an alternative goal with the same reward.*