



YOUR 2012 WELLNESS ACTION PLAN

1

Get screened

with *Know Your Numbers* or your physician to know your cholesterol, blood pressure, blood sugar and other health risk measures.

2

Complete your Health Assessment

(HA) available through **StayWell** or **Kaiser Permanente**, which provides you with a picture of your current health status and an action plan. All personal health information is confidential.

3

Take Action!

Enroll in wellness programs to support your action plan. Sign-up for the Health*Matters email list for monthly announcements.

Get started: uhs.berkeley.edu/healthassessment



New two step program for 2012:

Faculty and staff eligible* for the StayWell program can earn a \$100 gift certificate (\$50 for eligible spouse or domestic partner) by completing both steps earning 100 points:

1. Complete the Health Assessment *by June 15.*
2. Complete the StayWell follow-up program *by December 15*

**Kaiser members, postdocs, and members of certain bargaining units are not eligible for the StayWell program.*



Kaiser members may take the Total Health Assessment anytime, available online through Kaiser's HealthWorks program.



Recreational Sports offers a membership bonus reward. See website for details.



Health*Matters is UC Berkeley's Wellness Program with campus partners including Office of Environment, Health & Safety, Human Resources, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.



UNIVERSITY HEALTH SERVICES *Tang Center*