


**Remember to Sign In**

Signing in is mandatory to be eligible for incentives!



**2012 Program Overview**

Sophia Dollar, Wellness Coordinator  
Total Compensation and Wellness  
Division of Human Resources  
Wayne State University




**Mission and Vision**

The mission of the Wellness Warriors program is to **create a culture** that supports the following:


- Defines health as vitality and energy
- Focus on enabling employees and dependents to be healthy
- Shift focus of healthcare to total value of health
- Support a transition from individual participation to population **engagement**

In addition we will provide quality and accessible health information and initiatives that encourage participants to **pro-actively** address healthy lifestyle decisions and contribute to the development of a **culture of wellness** at Wayne State University.




**Enrollment**

- Yearly – program starts January 1 each year
- Must be benefits-eligible employee
- Not automatically re-enrolled each year
- Online HRA Completion
- Biometrics Screening at pharmacy




**Program Structure**


Total Compensation and Wellness Dept.



• Unlimited telephonic Wellness Coaching  
• Vision and goals development  
• Review HRA/screening results  
• Provides events



• Fitness Assessments  
• Personal Training  
• Nutrition Counseling  
• Provides events



• Enrollment screenings  
• Medication Therapy Management  
• Diabetes education  
• Smoking cessation  
• Provides events



**Earning Incentives**

- **#1: Enrollment Incentive: \$50**
  - Must complete online HRA
  - Must complete biometric health screening
- **#2: Mid Year Incentive (January - June): \$75**
  - 3 Wellness Warrior Events
  - Must complete **Initial Coaching Session** with Ulliance Wellness Guide
- **#3: End of Year Incentive (July-December): \$125**
  - 3 Wellness Warrior Events
  - Must complete two (2) more Ongoing Coaching Sessions with Ulliance Wellness Guide (Total of 3 calls Jan-Dec.)

**WELLNESS WARRIORS**  
A Higher Degree of Wellness

## Your Free Services

2012 Services (Call Ulliance at 888-699-3554 for your risk level)

Risk Level	Wellness Coaching	Fitness Assessment	Personal Training & Nutrition Consultations	Medication Therapy Management	Smoking Cessation	50% Off MHRFC Membership
Low (0-2 Risks)	Unlimited	1 Free	3 Free Sessions: Any Combo of these two services	Free	Free	New Members Only
Moderate (3-4 Risks)	Unlimited	1 Free	4 Free Sessions: Any Combo of these two services	Free	Free	New Members Only
High (5+ Risks)	Unlimited	1 Free	5 Free Sessions: Any Combo of these two services	Free	Free	New Members Only

To learn more about risk levels please visit: <http://www.wellness.wayne.edu/risk-levels.php>

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## Your Free Services

- Wellness Coaching **1-888-699-3554**
  - Ulliance (Formerly TEAM)
  - Behavior Change Professionals
  - Unlimited
  - Need to do coaching to get incentives
    - 1 call by June 30
    - 2 more calls by December 31 (Total of 3 for the year)



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## Your Free Services

- University Pharmacy
  - Medication Therapy Management
  - Smoking Cessation
  - Diabetes Education
  - Hypertension Research Study

Call to schedule!  
313-831-2008



**WELLNESS WARRIORS**  
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## Your Free Services

- Mort Harris Recreation and Fitness Center
  - Fitness Assessment
  - Personal Training
  - Nutrition Consultations
  - 50% Off New Membership (Spouses, too!)
  - Massage (Wellness Bucks)



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## Wellness Bucks Program

- In addition to monetary incentives
- A program in which participants earn "Wellness Bucks" for tracking monthly wellness activities
- Complete "Wellness Bucks Tally Sheet" each month via Blackboard

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## Wellness Bucks Program

- You can earn Wellness Bucks for:
  - Your physical activity
  - Attendance at events
  - Your annual physical
  - Joining the fitness center
  - Other activities!



Cash in your Wellness Bucks for prizes at **ANY TIME!**

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## Monthly Events

Wayne State University  
College of Human Resources  
Health Promotion Program  
1000 Cass Ave., Room 3638  
Detroit, MI 48202

Phone: 313-577-3638  
Fax: 313-577-3638  
E-mail: wellness@wayne.edu  
Web: www.wellness.wayne.edu

### January 2012 Events

Register for events and sign up for training opportunities on Blackboard!

Leader	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
#	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31

Partnered with:

- Ulliance
- University Pharmacy

Logan Kay  
Mort Harris Recreation and Fitness Center  
Mort Harris, 5210 Gullen Mall, Detroit, MI 48202  
The University of Michigan  
1000 S. Tappan Street, Ann Arbor, MI 48106  
www.umich.edu  
This program is a trademark of the University of Michigan.

**WELLNESS WARRIORS**

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## Monthly Newsletter

2011 Program Overview

American Heart Month




Monthly Recipe

February Events

**WELLNESS WARRIORS**

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## Challenges

- Walking Warriors 
- Greatest Loser
  - weight loss challenge at Mort Harris RFC
  - Team workouts
  - Weekly weigh-ins
- Colorful Choices
  - Track fruit and vegetable intake
  - Track online
  - Pot luck

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## Communication is Key

- Email (wellness@wayne.edu)
- Pipeline Personal Announcements
- Pipeline's Training, Seminars and Workshops
- Blackboard Organization – ALL WILL HAVE ONE!
- Website
- Monthly Newsletter


Register for Events on Pipeline!



**WELLNESS WARRIORS**  
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## Websites to Keep Connected

- <http://www.wellness.wayne.edu>
- <http://www.blackboard.wayne.edu>
- <http://www.pipeline.wayne.edu>



Click here to visit!

## Question and Answer Session

**Wellness Warriors**  
Total Compensation and Wellness Department  
5700 Cass Avenue  
Suite 3638  
Academic/Administrative Bldg.  
Detroit, MI 48202  
Phone: 313-577-3717 Option 5  
Fax: 313-577-0637  
Email: wellness@wayne.edu  
Website: wellness.wayne.edu

**Mort Harris Recreation and Fitness Center**  
5210 Gullen Mall  
Detroit, MI 48202  
Phone: (313) 577-2348  
Fax (313) 577-5843  
Email: campusrec@wayne.edu  
Website: <http://rfc.wayne.edu>

**University Pharmacy**  
5254 Anthony Wayne Drive  
Detroit, MI 48202  
Phone: (313) 831-2008  
Fax: (313) 831-2122  
Email: universityrx@wayne.edu  
Website: <http://universityrx.wayne.edu/>

**Ulliance (Formerly TEAM)**  
Phone: (888) My Well Guide or (888) 699-3554  
Website: [www.yourhealthyteam.com](http://www.yourhealthyteam.com)



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- To learn more about risk levels visit: <http://www.wellness.wayne.edu/risk-levels.php>
- To learn about earning incentives: <http://www.wellness.wayne.edu/incentives.php>
- Don't forget: You can earn Wellness Bucks each month for great prizes! Via Blackboard!

Notes: \_\_\_\_\_

Questions? Let us know!

Email: [wellness@wayne.edu](mailto:wellness@wayne.edu) Phone: 313-577-1658

Ulliance: 888-699-3445

University Pharmacy: 313-831-2008

Mort Harris RFC: 313-577-2348