



Inspiring Positive Change

2021 BYU Wellness Offerings

GETTING STARTED:

Getting started is easy, simply log onto hrd.byu.edu and click on Wellness Offerings. To be added to the weekly Wellness Newsletter to find out about upcoming events and opportunities just email marie_harris@byu.edu and request that your name be put on the list.

EARN \$250 IN CASH-BACK FOR QUALIFYING PARTICIPANTS:

Participate in six Healthy Me Challenges:

Earn a \$30 incentive for each challenge you successfully complete. Incentives can be accepted as an increase on the employee's paycheck or as Cougar Cash.

Take the Health Risk Assessment:

Earn \$70 by completing a triple screening and the online risk assessment.

MORE WAYS TO PARTICIPATE:

Fitness Classes: Yoga and High Fit via zoom (during pandemic restrictions)

Screenings and Immunizations: Adult Immunizations, Triple Screenings, Blood Pressure Clinics, Mammograms, Flu Shots

Coaching: Y Be Fit Lifestyle Coaching and Assessments, Fitness Trainers

Facilities: Weight Rooms, Gyms, Courts, Tracks, Fields, Pool

DOWNLOAD THE SANVELLO APP:

The Sanvello app offers on-demand help for stress, anxiety, and depression. It offers clinically validated techniques and support to help you relieve symptoms. BYU faculty and staff can sign in with their netID@byu.edu to gain premium access for free.

ANNUAL WELLNESS EVENTS:

January

Full-Plate 8-Week Weight Management Program

February

President's Day Cross-Country Ski and Snowshoe Activity

March

Lazy Cougar-thon Challenge (Former Lazy Ironman)
March Mammograms

April

Living well with Chronic Conditions 6-Week Workshop

May

Bike, Walk, and Bus Campaign

June

5 Hike Challenge (3 months)
June Fun Walk

July

Turtle Dash Family Activity

August

University Conference Fun Walk

September

Flu Shot Clinic

October

Lazy Cougar-thon Challenge
Living Well with Diabetes 6-Week Workshop

November

Turkey Bowl (bowling)

December

Maintain Don't Gain Challenge

EMPLOYEE ASSISTANCE PROGRAM SERVICES:

This service is available to BYU employees on DMBA's health insurance plan, as well as their covered dependents and anyone living in the insured employee's household or who are away for school or military service. To learn more or to schedule an appointment, go to <https://myeaphelper.mybeaconwellbeing.com/> or call 844-280-9629. Services offered include:

Emotional support: counseling for anxiety, depression, conflict resolution, substance misuse, relationship issues, and stress.

Financial planning: advice regarding taxes, retirement planning, loans, debt management, budgeting, and child support.

Legal counsel: advice with contracts, wills, real estate, adoption, civil judgments, traffic violations, divorce, and car accidents.

Family care: help in finding child or adult care, education, pet care, community services, parenting, and travel information, and much more.

WHO CAN PARTICIPATE?

Full-time: You and your spouse if you are insured with a BYU DMBA health insurance plan can participate in all activities and qualify for all cash-back incentives, health screenings and offerings.

Part-time: Without DMBA insurance, you and your spouse will need to cover the health screenings with your private insurance and do not qualify for cash-back incentives. However, you may participate in all other offerings.

Retired: If either you or your spouse has Medicare as part of your insurance plan you will not be eligible for cash-back incentives or health screenings. However, you may participate in all other offerings.

BECOME A DEPARTMENT ADVOCATE:

Advocates help create the conditions for employees to flourish.

1. Contact wellness@byu.edu or marie_harris@byu.edu for more information
2. Discuss this opportunity with your supervisor to get their approval
3. Submit a formal Wellness Advocate application

As an advocate, you will receive an orientation, attend collaboration meetings, and participate in an annual retreat to learn about resources, share ideas, and receive training.