Wellness Program Participation = $1,400 savings on your health plan Out of Pocket expenses!

If you participate in the University’s health plan you are eligible to enroll in the wellness program. Enrollment in the program for 2016 is July 1st - September 30, 2015. The wellness program is provided to support you in your efforts to improve and maintain your health.

Participation is voluntary and choosing not to participate has no impact on your opportunity to enroll in the University’s health plan or other benefits. But the reward for participating will be a $1,400 lower Out of Pocket Maximum in the health plan. That means you could save $1,400 in what you pay for copayments, deductible and coinsurance when meeting your OOP maximum. And, if you cover your spouse or children on the health plan, your participation means they will also receive a lower family Out of Pocket maximum.

Participation is easy:

* Complete the Onlife on-line health assessment
* Agree to the Tobacco/Nicotine Pledge (If you use tobacco or nicotine products, enroll in a cessation program )
* Agree to the Health Action Pledge
* Complete a biometric screening

There is no pass or fail evaluation or score and your supervisor or others on campus will never see your biometric screening results or health assessment information.

For additional information on the wellness program, please visit the Onlife website at [www.onlifehealth.com](file:///C%3A%5CUsers%5Chinkelnate%5CDownloads%5Cwww.onlifehealth.com).