NextSteps®

Your Own Wellness Coach

Making a change can be hard, and StayWell’s NextSteps program is here to help. If your HA shows you have a health risk, you may qualify for this coaching program to help you make real improvements — your way!

Talking with a health expert can make a big difference in your success. Tell us when and where to call and a Wellness Coach will talk with you about your health challenges to help you make a healthy change. Encouragement, helpful tips and ideas — you name it, your Coach is there for you.

“"The Health Assessment made me aware of areas where I need to make improvements in my lifestyle.”

-UC Participant

Make healthy easy

Finding time for your well-being can be challenging. The Health Assessment makes it easy. Give it a try.

Start by completing the Health Assessment to learn more about your health habits. Read your results. You may be surprised how easy healthy can be!

For more information:
Call the StayWell HelpLine 1-800-721-2693
https://uclivingwell.online.staywell.com

HelpLine Hours (Pacific Time): 6am–8pm Mon.–Thurs., 6am–6pm Fri. or 6am–10pm Sat.

University of California
Benefits Information: At Your Service 1-800-888-8267 http://atyourservice.ucop.edu
University of California
Wellness Resources: http://uclivingwell.ucop.edu

Disease Management:
Refer to your medical plan for availability.

Employee Assistance Program:
Refer to your location’s faculty and staff assistance program.

University of California
Health Management:
StayWell Health Management 1-800-721-2693 https://uclivingwell.online.staywell.com

Your first choice is simple. Make yourself a priority — give yourself 15 minutes to complete the confidential HealthPath® Health Assessment (HA).

You'll earn a $100 gift certificate if you submit the HA by April 15, 2010. Spouses and domestic partners will receive a $50 gift certificate for completing the HA. It’s that simple.

©2009 the StayWell Company. HealthPath, NextSteps, StayWell Online and StayWell are registered trademarks of The StayWell Company. StayWell does not accept any advertising on StayWell Online, and StayWell does not receive income from marketing sponsors or advertisers. Any mention of a particular service is not an endorsement, but rather mentioned to you so that you will be aware of programs for which you are eligible. StayWell respects your privacy and your feedback. If you have questions or concerns about the privacy and feedback/complaint process related to StayWell’s services, call the StayWell HelpLine at 1-800-926-5455.

©2009 the StayWell Company. HealthPath, NextSteps, StayWell Online and StayWell are registered trademarks of The StayWell Company. StayWell does not accept any advertising on StayWell Online, and StayWell does not receive income from marketing sponsors or advertisers. Any mention of a particular service is not an endorsement, but rather mentioned to you so that you will be aware of programs for which you are eligible. StayWell respects your privacy and your feedback. If you have questions or concerns about the privacy and feedback/complaint process related to StayWell’s services, call the StayWell HelpLine at 1-800-926-5455.

StayWell Health Management
1-800-721-2693
https://uclivingwell.online.staywell.com

For more information:
Call the StayWell HelpLine 1-800-721-2693
https://uclivingwell.online.staywell.com

HelpLine Hours (Pacific Time): 6am–8pm Mon.–Thurs., 6am–6pm Fri. or 6am–10pm Sat.

University of California
Benefits Information: At Your Service 1-800-888-8267 http://atyourservice.ucop.edu
University of California
Wellness Resources: http://uclivingwell.ucop.edu

Disease Management:
Refer to your medical plan for availability.

Employee Assistance Program:
Refer to your location’s faculty and staff assistance program.
For most, finding time for health in today’s world doesn’t always seem so simple — but it is. All it takes is a first step, and the first step is easy. Give yourself 15 minutes to complete the confidential Health Assessment (HA).

As a bonus, you’ll earn a $100 gift certificate if you submit the HA by April 15, 2010. Spouses and domestic partners will receive a $50 gift certificate for completing the HA. It really is that simple.*

StayWell Online

Find out more about do-it-yourself care for you and your family. StayWell Online is a comprehensive Web site containing individual action plans, health information for you and your family, and many more valuable tools and resources.

To get started and take the Health Assessment, go to: https://uclivingwell.online.staywell.com and follow the on-screen instructions. When you’re finished, you’ll get instant results, an action plan and valuable information—all about you.

What is the Health Assessment?
The Health Assessment will assess your lifestyle habits and provide immediate, personalized feedback. The assessment is a completely confidential health and lifestyle questionnaire that addresses topics such as nutrition, stress and well-being, physical activity and health history.

Your personal results will identify your health risks and help you find ways to improve or maintain your health. Finding time for your health can be challenging. The Health Assessment is a simple way to start. Give it a try.

Health Assessment provided confirmation and reinforcement to what I am currently doing (or trying to do). Thank you, the assessment is a value added resource.*

https://uclivingwell.online.staywell.com

*Employees and their spouses/domestic partners must be enrolled in an eligible medical plan by January 1, 2010 to be eligible for the incentive.