

# Let's get into being well

Finding ways to stay healthy doesn't have to be difficult. Healthy choices are all around us every day.

**University of Arkansas System** has teamed up with **UMR Wellness CARE** to offer a program to help you recognize and make the most of your health care opportunities. Here, you'll find details about how to earn rewards when you meet specific goals. Additional wellness resources are available on [umr.com](https://umr.com), including a library of health information, videos and interactive "action plan" tutorials to help you get and stay healthy.

## EARN YOUR LIVE WELL REWARD\$

With UMR's Live Well Reward\$, you can get financial rewards for taking a few simple steps toward living a healthier life. Your participation is completely voluntary, and all resources are available at no cost to you. **The 2024 program closes on 9/30/2024, your points will roll over to the 2025 program. Any carryover or earned 2025 points will not roll over to the 2026 program.**

You can qualify for an \$500 (\$200 on preventatives and \$300 on other activities) incentive to spend in the Online Rewards catalog by completing the **GOAL(S)** below. For more detailed information on how to earn your incentive, log in to [umr.com](https://umr.com) and from the **Health center**, select **Wellness Activities**.

### **GOAL: Opt-In to Wellness Program on umr.com**

**10/1/24-1/15/25**

Log into [umr.com](https://umr.com) to access the LiveWell Reward\$ portal. You must Opt-In to the wellness program to engage with the program future. Failure to do so by 1/15/2025 will result in the loss of participation.

### **GOAL: COMPLETE YOUR ANNUAL PHYSICAL WITH YOUR PRIMARY CARE PHYSICIAN (\$50)**

**10/1/24-9/30/25**

Seeing your doctor for an annual wellness visit will help you stay up to date with recommended preventive care and catch potential problems early, when they are most treatable.

**GOAL: ENGAGE IN ONGOING CONDITION CARE (\$100)**

**10/1/24-9/30/25**

UMR Ongoing Condition CARE nurses support improved health outcomes for members identified as high risk for one of 22 chronic conditions. The focus is on helping the member address their concerns that may be impeding progress in self-management of the condition, such as closing gaps in care and medication reconciliation. To start working with a CARE nurse, log in to [umr.com](https://www.umr.com) and from the **Health center**, select **Ongoing conditions**.

**GOAL: BE TOBACCO-FREE OR COMPLETE A TOBACCO/NICOTINE CESSATION PROGRAM (\$50)**

**1/1/24-9/30/25**

Receive your reward by confirming tobacco/nicotine-free status through your self attestation via the events widget. If you currently use tobacco/nicotine, you can earn your reward by completing CARE coaching. Our CARE coaches are certified tobacco/nicotine cessation specialists who will work with you to develop a plan to quit or reduce your use while offering strategies and support to help you reach your goals. To start working with a CARE coach, go to **Wellness CARE Enrollment** within **Wellness Activities**.

**GOAL: RECEIVE PREVENTIVE SCREENINGS (\$50)**

**10/1/24-9/30/25**

You may have an opportunity to earn additional rewards by having recommended exams to check for certain cancers. These may include a regular mammogram, Pap smear, colonoscopy or prostate screening. Talk to your provider about what screenings are appropriate for you, based on your age and personal or family history.

**GOAL: GET A FLU SHOT (\$50)**

**10/1/24-9/30/25**

The best way to protect yourself from catching the flu is to receive your flu shot. You may be eligible to get your shot at no cost from an in-network provider.

**GOAL: COMPLETE AN ACTION PLAN(S) (\$50/ max 5)**

**1/1/24-9/30/25**

If you're ready to quit smoking, get more active, or eat better to lose weight and feel your best, there are free resources waiting for you at [umr.com](https://www.umr.com). Our interactive action plans guide you in building healthy habits. To get started, go to **Action Plans** within **Wellness Activities** and select **Enroll**.

## LOOKING FOR HELP?

For questions related to login issues or rewards, call UMR at **800-826-9781**

.For questions related to the CHRA or coaching call **800-207-7680**.

*If you think you might be unable to meet a standard for a reward under this program, you might qualify for an opportunity to earn the same reward by different means. Contact us and we will work with you to establish an alternative goal with the same reward.*