

# 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.

New hires on and after October 1, 2026, are not eligible to enroll in the wellness program for the 2026-2027 program year. You cannot opt in during the year or during your new hire eligibility period.

You can qualify for an incentive up to \$500 per year 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 select **Health center** from the main menu and choose **Live Well Reward\$**.

### **GOAL: OPT-IN TO WELLNESS PROGRAM ON UMR.COM**

**10/1/26-11/3/26**

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 11/3/2026 will result in the loss of participation.

### **GOAL: COMPLETE A**

**TOBACCO/NICOTINE CESSATION PROGRAM (\$150)**

**1/1/27-9/30/27**

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

**9/1/26-8/31/27**

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

**9/1/26-8/31/27**

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: RECEIVE PREVENTIVE SCREENINGS (\$50)**

**9/1/26-8/31/27**

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, prostate screening, cholesterol screening or diabetes screening. Talk to your provider about what screenings are appropriate for you, based on your age and personal or family history.

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

**10/1/26-9/30/27**

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://umr.com) and select **Health center** from the main menu and select **Ongoing Condition CARE**.

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

**10/1/26-9/30/27**

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://umr.com). Our interactive action plans guide you in building healthy habits. To get started, log in to [umr.com](https://umr.com) and select **Health center** from the main menu and choose **Wellness activity center**. Click the **Get started** button then go to **Action Plans** and select **Complete**.

## **GOAL: ENGAGE IN EVENTS AND CHALLENGES (\$50 each)**

**10/1/26-9/30/27**

Throughout the year, you will be eligible to participate in scheduled events at work or in your community. In addition to events, you will have an opportunity to join fellow employees in wellness challenges, so you can encourage and motivate each other. To get started or find out more information, log in to [umr.com](https://umr.com) and select **Health center** from the main menu and choose **Wellness activity center**.

## **LOOKING FOR HELP?**

Log in to [umr.com](https://umr.com) and select **Health center** from the main menu and choose **Wellness activity center**.

Click the **Get started** button then go to **Contact information**. Or call **800-207-7680**.

If you need assistance registering with your HealthSafe ID or are having any other technical issues, call **866-922-8266**.

*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.*