

UC Living Well

Overview of UC's System Wide Wellness Program

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Human
Resources



2015 Open Enrollment Oct. 30–Nov. 25, 2014

Why Was UC Living Well Established?

Goal

Encourage all faculty, staff, and retirees to adopt healthier lifestyles and create and foster a culture of health throughout the system

Vision and Mission

Vision

To make the University of California the healthiest university system in the nation

Mission

Develop a comprehensive outcomes-oriented integrated health and well-being initiative that results in healthier lifestyles, reduced risk, enhanced quality of life, and a culture of health throughout the system

UCLW Strategic Goals

- Improve the health and quality of life of UC faculty, staff, and retirees
- Build a culture of health and wellness at UC that supports healthy lifestyles

Strategies and Priorities: Short - Long Term

Identify leadership support/program champion

Set standards for a comprehensive wellness program strategy

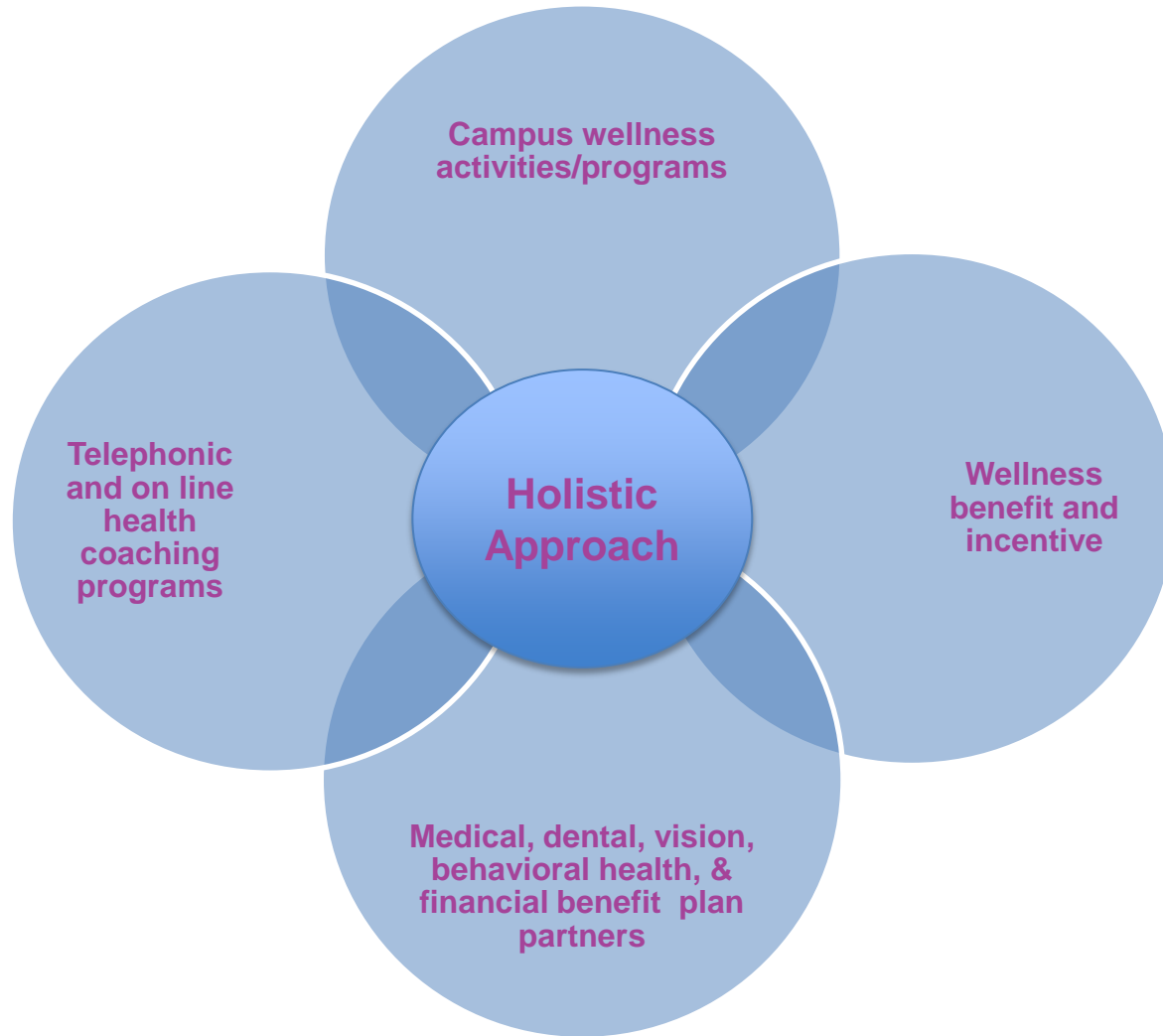
Evaluate Wellness Coordinator infrastructure

Create brand awareness of UC Living Well

Measure impact and outcomes

Increase outreach to populations

Components of UCLW Program



UCLW Incentive Design for 2015

INCENTIVE ACTIVITY DESIGN

Points model: 7,500 points max=\$75 Visa gift card
Activities below are eligible for towards the incentive maximum of 7,500 points

Earn 5,000 points

Complete *Total Health Profile**
online/paper

*Optum's health assessment tool

Earn 2,500 points each
5,000 points max for (2)

Complete up to (2) self-reported campus/med center wellness activities including, but not limited to:

- Preventive exams/screenings
- Disease management program (med plan)
- Education session
- Health screening
- Healthy lifestyle Program
- Campus fitness activity
- One-on-one consultation
- Wellness challenge
- UC Walks
- Food Day
- Ergonomic education/training

Earn 2,500 points

Enroll in a telephonic health coaching program * and complete at least (1) coaching call (or the entire telephonic program)

Complete at least (1) *online* health coaching* program

*Health coaching programs:

- Quit Power (smoking cessation)
- Healthy Weight (weight management)
- nutrition
- exercise
- stress management
- heart healthy lifestyle or diabetes prevention

UCLW Program Cost

2014 budget

- \$3.9M

2014 spend*

- \$2.7M

* year to date

UCLW Program Funding Sources

UCLW is funded by UCOP from “credits” from the medical plans due to wellness carve-out



Health Assessment Completion

OPTUM

- *Total Health Profile*

16.9%

STAYWELL

- health assessment

15.7%

Wellness Roadmap



University of California
UC Living Well (UCLW) Wellness Program
Strategic Plan 2014-2107

OUR VISION: University of California is the healthiest university system in the nation.

3-YEAR PRIORITIES

1. Identify leadership support/champion for UC Living Well and form an Advisory Committee to be accountable for the Strategic Plan.
2. Set standards for a comprehensive wellness program strategy based on evidence-based methodology. This includes awareness campaigns, education, behavior change, environmental/cultural initiatives, and wellness incentive program.
3. Evaluate Wellness Coordinator Infrastructure and explore opportunities for support.
4. Create brand awareness of UC Living Well systemwide initiative through the development of a Marketing/Communications strategy and plan.
5. Measure impact and outcomes of the UC Living Well systemwide Wellness Program.
6. Increase outreach to populations currently not engaged in Wellness programs and activities such as: 1. Unions not eligible for incentive program, High Risk employees, etc.

ROADMAP

Objective	Action Plan	Lead	Success Metric
6 MONTH PLAN (2014)			
Draft UC Living Well Systemwide Wellness Strategic Plan	<ol style="list-style-type: none"> 1. Brainstorm and initiate discussions at Risk Summit. 2. Create working draft and roadmap. 3. Review and vet drafts with all key stakeholders. 	UCOP/CoE WC input	Draft Plan completed. Plan will continue to be updated.
Evaluate and evolve incentive structure/program with Wellness Vendor	<ol style="list-style-type: none"> 1. Request input from Wellness Coordinators for 2015 incentive program design. 2. UCOP to determine incentive program design, features, and strategy based on input and current incentive program design. 3. Meet with Wellness vendor to discuss and finalize 2015 incentive program design and future evolution of strategy. 	UCOP/CoE WC input	2015 wellness incentive program in place. On-going discussions held to evolve incentive program.
Conduct analysis of existing Wellness Coordinator infrastructure, FTE, funding source, and dedicated support to locations.	<ol style="list-style-type: none"> 1. Create "inventory" of existing Wellness Coordinator infrastructure, FTE, funding source, and dedicated support to locations. 2. Share inventory with UCOP. 3. Provide recommendations towards a systemwide model of success. 	CoE/WC's	Completed "inventory" of all location's Wellness Program/Staffing shared with UCOP.

How Can You Get Involved?

- Contact your local Wellness Coordinator
- Promote the resources and programs
- Engage the retiree community to improve health and well-being
- Be a role model for health!