GET FAMILIAR WITH YOUR PATH TO WELLNESS

Earn $450*

Complete Tier 1 by Apr. 30 2017

As a valued member of the university community, we want to support you in maintaining and improving your wellness. The first step in moving along the path to wellness is educating yourself.

Learn more about your potential risks for heart disease, stroke, diabetes, and more. Then, see what resources are available to help you move forward in the areas you’ve identified as important. Complete Tier 1 of the 2017 Wellness Incentive by April 30, 2017, to earn $50* in your final May 2017 paycheck**. If you complete Tier 1, you can earn an additional $400* in your last October 2017 paycheck by completing Tier 2 by September 30, 2017**.

LEARN MORE AT HTTP://UMURL.US/INCENTIVE

Tier 1:

1. WATCH THE NEW HEALTHY FOR LIFE VIDEO.
2. COMPLETE A PERSONAL HEALTH ASSESSMENT.

Check your Incentive progress via the Wellness Portal, powered by Cerner. For help with your Wellness Portal account, or for other questions, contact the HR Service Center at (573) 882-2146 or hrservicecenter@umsystem.edu.

* Your 2017 Wellness Incentive earnings will be taxed and voluntary retirement contributions will be deducted, just like with other earnings.

**Any university faculty and staff member may participate in Wellness Incentive activities, but only employees who meet the following conditions at the time of payout can earn incentive money (i.e., $50 in the last paycheck of May 2017 and $400 in the last paycheck of October 2017):

1. The employee’s primary status is active.
2. The employee is at least .75 FTE and pays premiums for a University of Missouri System medical insurance plan (i.e., is a primary subscriber).
3. To earn Tier 2 payout, the employee must have completed Tier 1 by April 30, 2017.