Employee Wellness Program

MISSION
Be Well. Work Well. Live Well.
WHAT IS LIVEWELL OU?

YOUR WELLBEING MATTERS.

• Free to join employee wellness program employees of The University of Oklahoma and OU Medicine.
• Incentive opportunities
• Program Year is January - November
• The program encompasses all dimensions of wellness.
THE LIVEWELL OU PROGRAM ENCOMPASSES:

**WELLNESS CHALLENGES**
- Team and Individual Challenges
- FitStart (Annual team challenge)
- Mental Health, Nutrition, Activity, etc.

**COMMUNITY EVENTS AND VOLUNTEERING**
- Live to Give
- Volunteer Opportunities
- Event Sponsorship opportunities (ex. OUTPACE)

**PERSONAL DEVELOPMENT OPPORTUNITIES**
- Lunch and Learns
- Webinars
- Financial Wellness

**OTHER OPPORTUNITIES**
- Couch to 5k Program
- Body Composition Assessments
- And more!
OTHER WELLNESS RESOURCES

OU HEALTH PHYSICIANS CORPORATE HEALTH AND WELLNESS

Appointments: CHWBiometricScreening@ouhsc.edu

• Provide on-campus biometric screenings
• Available to benefits eligible employees
• LiveWell OU members can use the full screenings as their annual physical/health screening requirement
• Screening includes:
  ◦ Inbody, Bloodwork, and visit with a provider

BLUE CROSS BLUE SHIELD

• Well onTarget
• Fitness Program
• Women and Family Health
• Tobacco Cessation


MAGELLAN

Employee Assistance Program

• Counseling Services
• Legal and Financial Consultation Services
• Work-Life Services
• Webinars

Magellan member help line: 800-327-5043
Magellan website: https://magellanascend.com
CAMPUS WELLNESS RESOURCES

FITNESS

• NORMAN: Sarkeys Fitness Center & Murray Case Sells Swim Complex
• OKC: University Health Club & NRGY
• TULSA: OU-Tulsa Fitness Center

HEALTH SERVICES

• NORMAN: Goddard Health Services
• OKC: Student & Employee Health Clinic
• TULSA: Student & Employee Health Services

REGISTERED DIETITIANS

• Fran Olsen Sharp, MS, RD, LD with Food Services
• Nutrition Services at Goddard
• OU Health Physicians Corporate Health & Wellness
HOW TO JOIN LIVEWELL OU

BEGIN YOUR WELLNESS JOURNEY TODAY

• Go to: [http://LiveWellOU.com](http://LiveWellOU.com)

• Step 1: Create Your LiveWell OU Account

• Step 2: Enter in the LiveWell OU portal Pin Number: 2020

• Step 3: Enter in your information and review the program guide under the ‘Welcome’ tab.
Quarterly Incentive

Log a minimum of 1500 points each quarter to earn the quarterly incentive item.

Quarterly Incentive eligibility includes all OU Staff and Faculty, regardless of FTE status.
Annual Monetary Incentive

Complete Both Annual Requirements
1) Annual Physical/Health Screening
2) Annual HRA

Log points each quarter into your wellness portal

Monetary Incentive Eligibility: Must be a benefits eligible employee of the University of Oklahoma (HSC/Tulsa/Norman).

TIER 1: $75.00
2,000-3,999 points

TIER 2: $150.00
4,000-5,999 points

TIER 3: $225.00
6,000-7,199 points

TIER 4: $300.00
7,200-8,000 points

Annual Requirements due by November 30, 2021
Proof Examples for Annual Health Screening/Physical and other Health Exams
WHAT’S NEW FOR 2021?

- FAQ section
- Proof of completion – revised
- Point values
- Updated monetary incentive table
- Revised tabs
CONTINUED ….

Welcome Tab
- Removed the quarterly completion rings
- Yearly points total bar with each quarter color coded
- Search Bar
- Program Guide

Annual Requirements Tab
- 250 points for Health Screenings/Physical completion
  Requires admin approval
- 200 points for Health-Risk Assessment completion
- Updated Monetary Incentive Structure
CONTINUED....

Quarterly Activities Tab

- December 2020 points.
- **Environmental**: Recycling, Grow/Buy Local Produce, Eco-Mode of Transportation
- **Physical**: Sleep, Physical Activity, Age Appropriate Vaccinations, Tobacco Free/Cessation Program, Couch to 5k
- **Social**: Wellness Watercooler Chat, Random Acts of Kindness, Volunteering
- **Intellectual**: Book Club, Wellness Trivia
- **Occupational**: Campus Governance Groups

Resources Tab

- Includes benefits, fitness centers, health clinic, and more.
Contact Us!

Wellness@ouhsc.edu
Wellness@ou.edu
Hr.ou.edu/wellness