

I WANT

to lose the extra pounds.

I GET

support from my personal Healthy Weight coach.

Good health may be its own reward, but how about a little something extra?

Enroll in Wellness Coaching during April and you could win a FitBit Flex™.

Whether you're looking to create healthy new habits or break unhealthy old ones, get motivation and support to help you succeed with Wellness Coaching. Your Wellness Coach will work with you one-to-one over the phone to set goals and create a personalized action plan to help you achieve them. Plus, if eligible, you can earn 2,500 points toward a \$75 Visa® gift card. Choose from programs to:

- Reach a healthy weight
- Eat healthier
- Exercise more
- Reduce stress
- Control diabetes
- Protect your heart
- Quit tobacco

To be entered into the Fitbit Flex drawing, you must:

- Contact your Optum Wellness Specialist to enroll in Wellness Coaching between April 1 and April 30
- Complete at least one coach call by May 31

To enroll, contact your Optum Wellness Specialist today:



Jessi Bush
407-375-6446
jessalynn.bush@optum.com



One Fitbit Flex will be awarded per UC location (\$99.95 value). Prize drawing will take place on June 13. Winners will be notified by email or phone.

For more information about the FitBit Flex, visit fitbit.com.



The UC Living Well and Wellness Coaching programs should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the Wellness Coaching program is for informational purposes only and provided as part of your benefit plan. The Health and Wellness team cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The Wellness Coaching program is not an insurance program and may be discontinued at any time. For more information, visit uclivingwell.ucop.edu.

Employees, retirees, spouses, domestic partners and other dependents over the age of 18 are welcome and encouraged to participate in UC Living Well programs and eligible for the FitBit Flex giveaway. Only employees and retirees are eligible to earn points toward the \$75 gift card. If you are a member of certain unions, you may not be eligible. For more information, visit uclivingwell.ucop.edu.

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