

I WANT

to lose the extra pounds.

I GET

support from my personal Healthy Weight coach.

Drop Your Bad Habits And You Could Pick Up a Fitbit Flex™.

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

Want to create healthy new habits or break unhealthy old ones? Wellness Coaching offers one-on-one motivation and support over the phone as you set goals and create a personalized action to:

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

If eligible, you can earn 2,500 points toward a \$75 Visa® gift card.

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

- Contact your Optum Wellness Specialist to enroll in Wellness Coaching between September 1 and September 30
- Complete at least one coach call by October 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 November 14. 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 and retirees enrolled in a UC-sponsored medical plan are welcome to participate. Spouses and domestic partners may participate, but are not eligible to receive the \$75 gift card. If you are a member of certain unions, you may not be eligible for the incentive. For a list of eligible unions, please visit uclivingwell.ucop.edu.

Fitbit Flex is a registered trademark of Fitbit, Inc.

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