



StayWell **Activate**<sup>™</sup>  
StayWell@Work

## Earn a \$100 gift certificate for completing the StayWell health assessment and a StayWell follow-up activity!

- It's free.
- It's completely confidential.
- It could save your life.
- **Step 1:** Complete the health assessment (HA) by answering easy questions regarding your health status (it is recommended that you complete the HA by May 15, 2011 in order to have time to complete the StayWell follow-up program).
- **Step 2:** After you complete the HA, you will receive instructions and information on your StayWell follow-up program.
- **The award:** Complete both the HA and the StayWell follow-up program to receive the incentive award (no later than December 15, 2011). It's that easy!
- **Eligible employees/retirees\*** can earn a \$100 Premiere Choice gift certificate from Hallmark Business Solutions\*\*. An eligible spouse/domestic partner can earn a \$50 gift certificate.



**Log on today and complete your health assessment and StayWell follow-up program by December 15, 2011.**

**<https://uclivingwell.online.staywell.com>**

\*Kaiser members and members of certain bargaining units are not eligible for the StayWell program.

\*\*Employees and their spouses/domestic partners must be enrolled in an eligible UC medical plan on or before January 1, 2011 in order to be eligible for the incentive.