

Health Awareness Pays Off

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The road to good health can start now, and it has payoffs. Tulane employees and their spouses who are covered by UnitedHealthcare can earn a \$75 gift card for taking an online health assessment, with additional rewards for other participation.

"As a university, we want to help our employees stay healthy," said Erica Gilliam, coordinator of TUWellness, a program of the Tulane Workforce Management Organization. "This TUWellness Health Awareness Campaign is designed to help you take control of your health and well-being."

Those who complete the assessment can earn the \$75 gift card that is valid at hundreds of retailers, Gilliam said. The campaign is under way now and continues through the end of the year. Employees are eligible to receive gift card rewards once every 365 days.

Participation begins by going to www.myuhc.com, logging in and registering for the health assessment. After completing it, employees receive a personal results report and the reward. An additional \$25 reward is available after enrolling in and completing an online health coaching program that focuses on such topics as losing weight, quitting smoking, exercising and relieving stress.

Another \$75 reward can be earned by enrolling in a telephone-based health coaching program offering help with similar wellness-related issues. Employees will be notified of rewards earned via e-mail. [Gilliam](#) said any rewards received are considered taxable events and will be added in the employee's W-2 for 2010.

For more information, call 866-868-5484 or review the program tutorial on the front page of the [WFMO website](#).