

Wellness Incentive Program

Frequently Asked Questions (FAQs)

Who can participate in the Wellness Incentive Program?

All DU employees who are benefitted and eligible for a DU sponsored health plan and any covered spouse/partner can participate. To earn the incentive you will need to achieve Gold level (5,000 points). *If your spouse/partner is covered with your plan, you MUST BOTH achieve 5,000 points to receive the incentive.*

Do I need to complete a biometric screening?

While you should always remain up to date as per your doctor's recommendations and clinical guidelines this program **no longer requires** a biometric screening or a form from your doctor indicating you are up to date.

Is the Wellness Incentive Program required of all employees?

No. Participation in the Wellness Incentive Program is strictly **voluntary**. Financial incentives are available for participants who complete all program components by May 15, 2018.

Why should I participate in the Wellness Incentive Program?

The University of Denver and Kaiser Permanente want you to thrive and live your healthiest life. The program is designed to encourage you to participate in healthy behaviors. The University of Denver supports you in taking initiative to improve your health by providing a significant insurance premium incentive for completing the program.

What is the incentive for completing the Wellness Incentive Program?

If you (and any covered spouse/partner) both achieve Gold status (5,000 points) by May 15, 2018, you will receive a **premium credit** for the plan year beginning July 1, 2018. The incentive amount will be established by March. The incentive will be divided among your pay checks from July 1, 2018 through June 30, 2019. Please share the Wellness Incentive Program information with your spouse/partner covered on your insurance, as they must also achieve 5,000 points/Gold level.

How do I participate in the Wellness Incentive Program?

To earn the incentive you (and your spouse/partner if covered under your plan) will need to log on to the [wellmetrics portal](#) and achieve Gold status (5,000 points).

How do I achieve 5,000 Points/Gold status?

You may participate in any activities or challenges of your choice on the portal. Each tile that has a point value on the bottom right corner is eligible. There are no specific requirements. You may get to 5,000 points by completing the activities or challenges of your choice.

¿Puedo tomar la evaluación completa de salud en español?

Para una versión impresa de la evaluación en español, por favor comuníquese con Julie Casper por teléfono a 303-871-4932 o por correo electrónico a Julie.casper@du.edu.

How will I know I have received enough points?

The portal will update as you complete each metric. You will see your points on the top right hand corner of your home screen.

Will my employer know the results of my wellbeing assessment?

No. Should you choose to complete the wellbeing assessment, DU will not know the specific results of your (or your covered spouse/partner's) assessment. Aduro will only release your name and level status to DU to provide you with your premium incentive.

Due to a current health condition, my doctor does not feel it's appropriate for me to participate in this program. Can I still receive the incentive?

Yes. If a current health condition prevents you from participation, please have your doctor provide a signed note stating that he or she does not recommend this program. You will still be eligible for the incentive if you complete the steps that your doctor agrees to. Contact Julie.casper@du.edu for an exemption form.

What if I am not currently enrolled in the DU health insurance plan but intend to sign-up for a plan during open enrollment (May 1-15, 2018)?

If you (or a spouse/partner) are not currently covered through DU, but you will be electing coverage during open enrollment, you may qualify to receive the discount for the 2018-2019 plan year. Please contact Julie at well@du.edu .

Can I participate in challenges, activities and enter portal points during work time?

Please check with your supervisor and department. However, you should be able to log these activities during your regularly scheduled work time.

Who can I contact with questions or concerns about the Wellness Incentive Program?

Please contact Wellness Program Manager, Julie Casper at 303-871-4932 or email Julie.casper@du.edu.