

The University of Minnesota Wellbeing Program

October 1, 2019 – August 31, 2020



PARTICIPATE IN A VARIETY OF PROGRAMS THROUGHOUT THE YEAR AND GET REWARDED FOR MAKING YOUR WELLBEING A PRIORITY.

The University of Minnesota wants to support you on your wellbeing journey by providing resources to improve or manage your overall health and feel your best. The program year starts October 1, 2019, and ends August 31, 2020. The program allows you to track what you do on your own as well as participate in a wide range of programs. The programs can assist you in achieving personal health goals, reducing your stress, maintaining healthy habits, or managing a chronic condition.

All the programs have points assigned to them. If you selected “employee only” or “employee and children” UPlan Medical Plan, you may earn 500 points. If you selected “employee and spouse (with or without children),” you and your spouse may earn a total of 750 points; spouses may earn up to 250 points or you may earn all 750 points yourself. Once you’ve achieved 500 or 750 points by August 31, 2020, you will save \$500 or \$750 on your UPlan health rates starting in January 2021.

HOW DO YOU ENROLL IN THE PROGRAM?

Once you are enrolled in the UPlan and your benefits are effective (1st of the month following your start date), you are automatically enrolled into the Wellbeing Program. Your choice to participate in the program is voluntary.

HOW DO YOU GET STARTED?

1. Once your benefits are effective go to: UMN.RedBrickHealth.com.
2. Sign in to the portal following the instructions below:
 - **For University employees:** You will be able to sign in to the portal on the left-hand side of the page using your University username and password.
 - **For spouses on the UPlan:** Spouses on the UPlan (whether or not you are a University employee), you will need to activate your account and create your own username and password. To activate your account, you will need to enter the UPlan account holder’s 7-digit employee ID number, your date of birth and your first and last name as it is stated on your Medica ID card. After the username and password are created, you may sign in to your account on the right-hand side of the sign-in page.
3. The program chart is located on the back page and more detailed descriptions of the programs can be found on the “Programs and Points” page within the RedBrick portal (UMN.RedBrickHealth.com). Feel free to use the “Your Reward” column to plan out a variety of options to manage your wellbeing and achieve the \$500 or \$750 incentive.

HOW DO YOU RECEIVE THE \$500 OR \$750 REWARD?

Your reward will be spread across your paychecks in 2021 through reduced UPlan rates.

Category	Program	Reward (500/750)	Your Reward
Assessments	RedBrick Health Assessment	100 points	
	Biometric Health Screening	150 points	
	Next-Steps Consult®	50 points	
Pledges	Annual Flu Shot	25 points	
	Non-Tobacco User	25 points	
	Wellbeing My Way	25 points/pledge (125 points max)	
	Advance Care Directive (Honoring Choices)	25 points	
Tracking and Challenges	RedBrick Track®	1 point/day (150 points max)	
	Bike Commuter (one scan/day)	2 points/day (250 points max)	
	Fit Choices by Medica (Check Medica's website for Participating Gyms)	2 points/day (250 points max)	
	Challenges (1–2 per year)	75 points/challenge (150 points max)	
Coaching and Support	Journeys® (4–6 weeks average per Journey)	2 points/step, 25 bonus points/Journey completion (200 points max)	
	RedBrick Phone Coaching	25 points/call (250 points max)	
	Healthy Pregnancy Phone Coaching	25 points/call (250 points max)	
	Face-to-Face Health Coaching*	25 points/session (250 points max)	
	Group Coaching*	25 points/session (250 points max)	
	Medication Therapy Management	50 points/session (150 points max)	
	Specialty Therapy Management	50 points/call (200 points max)	
University Classes	Cooking for Wellness—The Basics*	50 points/class OR 150/series	
	Cooking for Wellness—Getting Creative*	50 points/class OR 150/series	
	Four Cornerstones of Financial Literacy* (free of cost; complete 4/4 90-minute sessions)	100 points	
	Mindfulness at Work (online course; complete 5 of 6 sessions)	150 points	
	University Fitness Class (purchase an 8-week class)	75 points/class (225 points max)	
	Group Fitness Pass (purchase a semester pass or annual pass)	50 points/semester OR 150 points/annual	
Participating Spouse Total (250 max):			
Total Points (500 or 750):			

*This program is not offered on every campus. For more information, please look at the program description on UMN.RedBrickHealth.com. Next-Steps Consult and Journeys are registered trademarks of Virgin Pulse, Inc.