

ROAR FOR WELLNESS

2023-2024



A rewards program for full-time faculty and staff
of the University of North Alabama.

The official wellness portal for Roar for Wellness is through US Health Center. The wellness portal contains your personal health dashboard (PHD) to track and store your wellness data. The PHD is available to you 24 hours a day and is accessed by your own personal username and password.

How to Log on to your Personal Health Dashboard (PHD)

New Users

Log-on to: <https://ushealthcenter.com/Activate>

- Select **Activate by Email** > Enter your work email > Click **Submit**
 - You will receive an activation email (check your junk mail if not in your inbox) with a code and an activation link. Follow the prompts to create your own password > **Activate Account**.
 - You will be provided with your username (first initial +last name + last four of your L number (jdoe1234))
 - Click **Login** > Use this username and the password you just created > **Login**
- Congratulations! Your account is now created.**

Return Users and Future Logins

Log-on to www.ushealthcenter.com

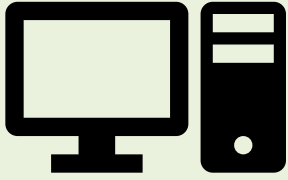
- Provide your username and the password you created
- Username: first initial of first name + entire last name + last 4 social (all lowercase)
- Password: use what you created

For technical support or password assistance contact US HealthCenter toll free at 877-322-7398 ext 2 (M-F 8am – 5pm CT) or help@ushealthcenterinc.com

Core Components	Description
<p>1) Biometric Screening</p> <p>Pre-Screening (Registration required)</p> <p>September 11 – 13</p> <p>1000 points</p>	<p>The screening components include a glucose and lipid panel as well as measurements for height, weight, blood pressure, heart rate, and self-reported tobacco use.</p> <p>UNA Biometric Screening</p> <ul style="list-style-type: none"> • September 11 – 13, from 7:15am – 12pm @ the new Human Performance Lab • Register at una.edu/wellness > Roar for Wellness Current Enrollees > Sign-up Sheet • A 12-hour fast is required prior to your screening. You may drink water but no other food or drink please
<p>2) Online Health Risk Assessment</p> <p>Pre-Assessment</p> <p>September 13 – Oct 6</p> <p>1000 points</p>	<p>Complete the online HRA AFTER your lab results are in the system. Completing the HRA takes about 20 minutes. The Health Risk Assessment is an online questionnaire that will assess your physical/emotional health, stress, exercise, eating habits, alcohol use, safety, readiness to change, preventive health care, medical history, cardiac risks and cancer warning signs.</p> <p>To Complete the HRA</p> <ul style="list-style-type: none"> • After your lab results are in, log on to the PHD between September 13 – Oct 6 > Click on Assessment > Health Risk Assessment. • Complete all 8 sections until you receive a “Congratulations” message. Once you have completed your assessment, you will be able to view all your results online. To print your personalized report, click on Medical Records > Health Assessment Report
<p>3) HRA Review Coaching Call</p> <p>September/October</p> <p>500 points</p>	<p>This is a confidential 20-minute telephonic appointment to review your screening and HRA results with a licensed health care professional and/or certified health coach.</p> <p>To Register for Your Appointment</p> <ul style="list-style-type: none"> • Log on to www.ushealthcenter.com > Click on Health Counts > select HRA Review Registration > Choose date and click Sign Up > Under Time Slot click the drop-down menu and select your desired time and enter phone number

Activities	Description
<p>Educational Sessions “Wellness Wednesdays”</p> <p>50 points per session</p>	<p>Completion is tracked via an event registration form managed by Healthy UNA. See schedule on page 10 of the guide.</p>
<p>Minutes Activity Tracker</p> <p>June 5 – April 1</p> <p>25 to 50 points</p>	<p>Achieve your physical activity minutes goal by getting a specific number of physical activity minutes per week (Monday through Sunday). This will require tracking via the USHC portal. Attend the USHC session for more information.</p> <ul style="list-style-type: none"> • 25 points earned each week you get 150 – 199 minutes of exercise • 50 points earned each week you get 200 or more minutes of exercise
<p>Important Note for Tracking Walking as Exercise</p>	<p>Walking for exercise should be tracked via steps <u>OR</u> minutes. It should not be tracked both ways. Please decide how you will track walking and use one method only.</p>
<p>Step Tracker</p> <p>June 5 – April 1</p> <p>25 to 50 points</p>	<p>Achieve your step goal by getting a specific number of steps per week (Monday through Sunday). This will require tracking via the USHC portal. Attend the USHC session for more information.</p> <ul style="list-style-type: none"> • 25 points earned each week you get 50,000 to 69,999 steps • 50 points earned each week you get 70,000 or more steps
<p>Self-Care Tracker</p> <p>June 5 – April 1</p> <p>25 to 50 points</p>	<p>Each week (Monday through Sunday), track your self-care activities using the self-care tracker on your PHD. Click on Health Tracker > Self-Care > Select an activity > Date will default unless you change it > enter duration (optional) > Click Save > Your entry will save in the bottom table.</p> <ul style="list-style-type: none"> • 25 points earned each week you make 2-4 entries • 50 points earned each week you make 5 or more entries
<p>Annual Preventive Care Form</p> <p>Due March 31 (schedule your appointments today!)</p> <p>250 points</p>	<p>Have the Annual Preventive Care form signed by your physician or primary care provider demonstrating that you have completed your annual physical between April 1, 2023 to March 31, 2024 and are current with your age/gender appropriate screenings. See affidavit on page 11 for details.</p> <ul style="list-style-type: none"> • Submit completed affidavit form to March 31, 2024 via fax: 262-236-4082 or upload to your PHD. • You can access the form by logging in to your PHD > Click on the Health Counts tab > Download the Annual Preventive Care Affidavit from the Customer Documents section <p>The preventive care form is considered a self-care activity and is a part of the criteria used to be eligible for the Self-Care Champion Award!</p>

<p>Roar Partner September 1 – April 1st 250 points</p>	<p>Having support and someone you are accountable to can make all the difference in being successful in living a healthy lifestyle. Each month enter a self-report on ways you supported your roar partner. Go to Health Counts > Roar Partners > Select Month Completed > Record > Enter the name of your Roar Partner and a few words about how you supported them > Record. Enter within 15 days of the following month. For example, self-record September completion by October 15. Last date to record March entry is April 1, 2024. NOTE: Your Roar Partner must be the same person throughout the duration of the program to be eligible for the Roar Partner Award with both partners officially enrolled in the 2023- 2024 program.</p>
<p>Fitness Classes June 6, 2023 – March 21, 2024 50 participation points*</p>	<p>30 MIN LUNCH and Lift WORKOUT: Tuesdays and Thursdays, 12:15-12:45pm *NOTE: When attending faculty/staff fitness classes, you receive participation points for attending plus the amount of minutes you record in the “Minutes Activity Tracker.” If both you and your Roar Partner attend together, then double the participation points!</p>
<p>Maintain Don’t Gain Challenge November - January 200 points</p>	<ul style="list-style-type: none"> • Program materials with details will be released separately from USHC.
<p>Spring Challenge TBD 200 points</p>	<ul style="list-style-type: none"> • Program materials with details will be released separately from USHC.
<p>Health Coaching 250 points per session</p>	<p>After completion of the HRA Review, participants are eligible for up to two additional coaching sessions. The Health Coach is a certified health coach, RN or licensed health professional able to interpret results, assist with referrals, and facilitate development of goals. Information discussed with the coach is confidential. You will have the opportunity to work on lifestyle or disease management goals that are important to you.</p> <ul style="list-style-type: none"> • Schedule sessions during your HRA Review or by contacting US HealthCenter at 877-322-7398 ext 2 or help@ushealthcenterinc.com
<p>Flu Shot COVID-19 Vaccine 75 points each</p>	<p>Flu shots and COVID-19 vaccine are available through Health Services. Schedule here: https://www.una.edu/healthservices/</p> <ul style="list-style-type: none"> • Self-report your flu shot completion on your PHD by selecting Health Counts > Healthy UNA Activities > “I completed a flu shot during the fall of 2023/24” > Record • If you have received your full dose of the COVID-19 vaccine and booster, Self-report your completion on your PHD by selecting Health Counts > Healthy UNA Activities > “I completed my COVID-19 vaccine” > Record
<p>Biometric Points You are eligible for these points once per academic program year 65 to 100 points</p>	<p>You will receive a WellCentive score (viewable on your PHD) that is based on the results of your biometric screening. You will receive points as follows for results in the categories below:</p> <p>WellCentive Score % Excellent (92-100 %) = 100 points Good (75-91.9 %) = 80 points Fair (65 – 74.9 %) = 65 points</p>



Resources available anytime on your Personal Health Dashboard:

- ✓ Health Activity Trackers
- ✓ Medical and video library
- ✓ Health records and journals
- ✓ Risk resolution guidelines
- ✓ Road to Wellness self-paced tutorials

Mobile App Available: Download the mobile app from the Google Play (Search Personal Health Dashboard)

App Store or

Questions?

For technical support or password assistance contact US HealthCenter toll free at 877-322-7398 ext 2 (M-F 8am – 5pm CST) or help@ushealthcenterinc.com.

For wellness questions unrelated to USHC, contact Healthy UNA at 256-765-4738 or email wellness@una.edu.

Award Categories	Description
1 st Place	Most amount of total points earned throughout the program academic year.
2 nd Place	Second highest amount of total points earned throughout the program academic year.
3 rd Place	Third highest amount of total points earned throughout the program academic year.
!NEW! Self-Care Champion	This category is a new category to recognize the top male and female participants who have earned the most amount of self-care activity points. Recipients of this award must have completed their Annual Preventive Care form as indicated on page 2 of the program details. Self-care activities are tracked using the self-care tracker weekly.
Roar Partners	<p>Best pair of accountability partners based on feedback provided to Healthy UNA and monthly self-report activity.</p> <p>NOTE: Your Roar Partner must be the same person throughout the duration of the program to be eligible for the Roar Partner Award with both partners officially enrolled in the 2022- 2023 program.</p>
Most Improved	Most improved WellCentive score using the pre and post biometric health screening comparison. The WellCentive score is calculated by USHC.
Workout Warrior	Most amount of work out minutes tracked throughout the program. This applies to a variety of workouts of your choice.
Lion on the Move	Most steps tracked throughout the program. Participants must decide to track steps or minutes for exercise and not track both.
Weigh to Go	Greatest amount of weight loss during the program year based on a pre and post biometric screening comparison.
Recruiter Award	The Roar for Wellness member who recruits the most enrolled participants to RFW during the 2023-2024 program year. The deadline for inclusion in this category is March 1, 2024.

****RFW members are eligible for one award category only EXCLUDING, Total Points 1st, 2nd, 3rd, and the Recruiter Award. Total Points categories (1st, 2nd, and 3rd place) will be weighted to reflect overall participation and engagement.***



Wellness Wednesdays Schedule

DATE	TIME	LOCATION	TOPIC	SPEAKER
January 31 st	12:00pm-12:45pm	GUC 200	Establishing Health Habits that Stick	Ms. Amy Moor, LPC-S
February 7 th	12:00pm-12:45pm	Anderson College of Nursing and Health Professions Conference Room	Heart Disease Screening & Prevention	Dr. Grace Zills
February 14 th	12:00pm-1:00pm	Flowers Hall, Room 307	Cooking Demonstration	Dr. Lee Renfroe
February 21 st	12:00pm-12:45pm	GUC 200	Heart Health & Aging	Dr. Rachna Valvani, MD, CMD
February 28 th	12:00pm-1:00pm	Human Performance Lab	Art Therapy	Ms. Ellen Dempsey
March 6 th	12:00pm-12:45pm	GUC 200	Empathy Fatigue	Ms. Celeste Coffman, LPC
January 24 th	12:00pm-12:45pm	GUC 200	Creating a Budget	Mr. Jake Jacobs & Ms. Destiny Russell
March 20 th	12:00pm-1:00pm	Human Performance Lab	The Benefits of Yoga	Ms. Candace Moore
April 3 rd	12:00pm-1:00pm	GUC 200	Hydration	Mr. Craig Witt, Wellness Graduate Assistant

All sessions require registration with both an in-person and virtual option unless otherwise specified. Sessions are recorded and uploaded to the HealthyUNA website and YouTube channel. Visit our website at <https://www.una.edu/wellness/wellness-wednesday/index.html> for registration details.

Campus Fitness Facilities

Rec Center Amenities: Located in the building next to the parking deck facing Pine street. You can access it through the fourth-floor of the parking deck. Click here for the complete schedule: <https://www.una.edu/recsports/>

- ❖ A gymnasium facility including three multi-purpose courts and a walking/jogging track
- ❖ A fitness center with work out areas dedicated to cardio machines and free weights
- ❖ An aerobic center that offers a variety of fitness classes; see schedule next page
- ❖ Locker rooms with full-sized lockers and showers (bring your own lock)
- ❖ Access to the Outdoor Adventure Center (OAC), which offers various outdoor activities over the course of the fall and spring semester
- ❖ Additional amenities available to RFW participants that require a fee are personal training, OAC adventure outings, and intramural sports
- ❖ Check-in at the UNA Rec Information Desk and present your **Mane Card for entry**

Wellness Center Amenities: Newly renovated! Located upstairs in Flowers Hall across from the Pierce Hospitality suite.

- ❖ New equipment for aerobic exercises such as treadmills, ellipticals, and bikes
- ❖ New equipment for resistance training including free weights and machines
- ❖ Equipped with televisions, fans and sanitizing stations
- ❖ Available for faculty and staff with extended hours
- ❖ Mane card access required for entry; contact the Mane Card office at extension 4924
- ❖ Click here for hours operation
<https://www.una.edu/wellness/wellness-resources/gyms-on-campus.html>

RFW GROUP FITNESS CLASSES

New classes have been added to the UNA Recreation Center schedule for RFW participants. The classes are taught by Healthy UNA and faculty/staff members. The classes are designed to get a quick workout during lunch so you can take care of the rest of your day.

DAY	TIME	CLASS	INSTRUCTOR	START DATE
Monday	7:05am-7:30am	Morning Walk	Courtney May & Janet Jones	1-29-2024
	12:00pm-12:30pm	Zumba	Abby Gaither	1-29-2024
Tuesday	7:05am-7:30am	Morning Walk	Courtney May & Janet Jones	1-23-2024
	12:15pm-12:45pm	Lunch & Lift	Craig Witt	1-23-2024
Wednesday	7:05am-7:30am	Morning Walk	Courtney May & Janet Jones	1-24-2024
Thursday	7:05am-7:30am	Morning Walk	Courtney May & Janet Jones	1-25-2024
	12:15pm-12:45pm	Lunch & Lift	Craig Witt	1-25-2024
Friday	7:05am-7:30am	Morning Walk	Courtney May & Janet Jones	1-26-2024
	12:00pm-12:30pm	Yoga	Racheal Harris	1-26-2024

Class Descriptions:

Yoga- A great form of exercise to help individuals deal with stress and pressure of modern living. This class will work the joints & muscles to increase flexibility, strength, balance, and good blood flow, leading to quiet reflection and proper breathing.

Resistance Training/Lunch & Lift- A quick 30-minute resistance training workout. Burn calories, engage your core, and build muscle in a multitude of core and strength exercises. All fitness levels welcome!

Zumba- No dance experience is required to come move and groove to fun, upbeat tunes. You will enjoy so much that you will forget you are working out. It is guaranteed to get your heart rate up and burn many calories.

30-minute morning walk - Begin your day with a brisk campus walk led by one of our Wellness Warriors. This walk will give you a great cardio workout for the day while refreshing your mind with the peaceful scenes of nature. All fitness levels welcome! Starting location: Clock tower in front of Anderson College of Nursing



2023-24 Annual Preventive Care Affidavit

(Eligibility Dates: April 1, 2023 – March 31, 2024)

Bring this form to your primary care provider and have it signed to verify that you have received your appropriate age and gender preventive screenings.

Name of Patient: _____

The age and gender specific screenings listed below are based on the U.S. Preventive Services Task Force recommendations. Please talk to your doctor about what is right for you.

Men	Women
All Ages	All Ages
Annual Physical	Annual Physical
Recommended for 50+ age group	Recommended for 21 to 49 age group*
Colorectal Cancer Screening: <ul style="list-style-type: none"> • Colonoscopy (last 10 years) <i>or</i> • Sigmoidoscopy (last 5 years) <i>or</i> • Fecal Occult Blood Test (in last year) <i>(Your doctor can help you decide which test is right for you)</i>	Cervical Cancer Screening: Pap or other screening Breast Cancer Screening: <i>* Talk to your doctor to see if you should have a mammogram</i>
	Recommended for 50+ age group
	(a) Colorectal Cancer Screening: <ul style="list-style-type: none"> • Colonoscopy (last 10 years) <i>or</i> • Sigmoidoscopy (last 5 years) <i>or</i> • Fecal Occult Blood Test (in last year) <i>(Your doctor can help you decide which test is right for you)</i> (b) Breast Cancer Screening: Mammogram (c) Cervical Cancer Screening (Pap Smear)

To be completed by a registered health professional:

As a registered health professional, I certify that the patient named above has completed the following initialed items and I agree to partner with the patient to prevent the onset of disease and manage chronic conditions.

Please initial completed items and sign below:

_____ **Is current on his/her preventive screenings (see criteria above).**

Registered Health Professional Stamp or Signature

Date

Office Name and Address

Phone

RETURN COMPLETED FORM BY MARCH 31, 2024 TO US HEALTHCENTER, INC.

US HealthCenter, Inc.

Confidential Fax: 262-437-1352 OR

Upload form to the PHD: > ushealthcenter.com > login > Health Counts > Medical Records > Add/Upload Files

Questions can be directed to US HealthCenter at 1-877-322-7398

Contact Us

Phone: 256.765.4738

Email: wellness@una.edu

Website: Una.edu/wellness

Jackie Allen: Director of Wellness

Abby Gaither: Wellness Graduate Assistant

Craig Witt: Wellness Graduate Assistant

Follow us on social media!

A Facebook group has been created for RFW members. Request to join by using this link.

<https://www.facebook.com/groups/1468835043469345>

