

December 19, 2007

PLEASE DISTRIBUTE

To: UCLA Staff and Faculty

Re: StayWell Set to Launch in January 2008

As announced during Open Enrollment, UC will launch the new StayWell benefits program in January 2008 as part of the expanded *UC Living Well* program. Eligible faculty and staff and their family members covered by most UC medical plans (Blue Cross Plus and PPO, CIGNA Choice Fund, Core, and Health Net) can enjoy enhanced wellness and personal health-management benefits through participation in StayWell.

Participation in StayWell is voluntary and at no cost to faculty or staff. The [UC Living Well](#) website will include a link to the StayWell site in January.

UC Living Well is the University's umbrella wellness initiative for faculty and staff that expands systemwide in 2008 after a successful 2007 pilot phase at Berkeley, Office of the President, UCLA, and UCLA Medical Center. Along with links to varied wellness resources and information, the [UC Living Well](#) website gives information about the many UC local campus, medical center, and laboratory wellness programs and recreational and sports facilities and activities.

StayWell supports individual wellness efforts

As part of *UC Living Well* and the wellness efforts provided at UCLA, StayWell offers improved, standardized wellness and individual health-management resources at no charge, and participation is voluntary. The program is designed to help eligible employees and their family members achieve a healthy lifestyle. If you are eligible to participate in StayWell, you will receive introductory communications from StayWell in January.

Online health resources and tools

StayWell benefits include a number of dynamic online interactive tools and educational resources. The following are just some of the services that will be available:

- *Family Centers* provide information on an array of family and lifestyle health issues of interest to men, women, and children.
- *Take Care* is a drug and nutrition guide resource.
- *Health Tools* help those engaged in personalized health-improvement programs to create

goals and reminders for preventive measures, appointments, and exercise sessions.

- *Health Centers* offer a collection of online guides to help you with any of 11 health topics, such as cholesterol, tobacco cessation, and stress reduction.

Important information about participation

StayWell will not be available to Kaiser members who currently have access to Kaiser's fully integrated wellness resources. In addition, the leadership of several unions at UC have notified the University that they are choosing not to participate in the StayWell Health Management benefits program on behalf of their UC bargaining unit members.*

More details about StayWell — and how this new wellness program will benefit you and your family — will be announced in January.

Sincerely,

Lydia Oller

Director, Benefit Services
Campus Human Resources

Kety Duron

Director, Benefits and HRIS
Healthcare Human Resources

*AFSCME 3299 on behalf of SX (Service Unit), EX (Patient Care Technical), and K7 (Skilled Crafts at UC Santa Cruz); CNA on behalf of NX (Nurse Unit); CUE on behalf of CX (Clerical Unit); SETC on behalf of K6 and K4 Skilled Trades at San Diego and Los Angeles; UAW 2863 on behalf of BX (Academic Student Employees Unit); UC-AFT on behalf of IX (Non-Academic Senate Instructional Unit) and LX (Professional Librarians Unit); and UPTE-CWA on behalf of RX (Research Support Professionals Unit), TX (Technical Unit) and HX (Health Care Professionals Unit).