Calling all staff and faculty!

For every 5 surveys completed we will draw 1 prize winner. There will be total of 350 prizes all valued at $99+! Help us reach our goal of 1,750 completed surveys and we will raffle off 3 grand prizes cardio machines and receive $32,000 from BCBSVT for wellness programs! All paid employee have the ability to participate, even if you do not carry BCBSVT health insurance.

Come one, come all!
Take the online health assessment now through the end of May and you will be entered into a raffle for prizes and help UVM get an additional $32,000 for wellness activities!

In addition you will learn where you are “a super wellness star” and where you have opportunities for improvement to help you live a healthier, more vital life.

To take the health assessment visit mybluehealth.bcbsvt.com.

Why wait? Join your colleagues and take the online health assessment today!

Health and wellness plans are administered by BlueCross BlueShield of Vermont, an independent licensee of the Blue Cross and Blue Shield Association.

The health assessment takes approximately 15-20 minutes to complete. All individual data is confidential and will not be shared.