UVM Employee Wellness invites you to complete this goal-setting incentive to receive a $35 Amazon gift card!

After reaching 300 participants, we will have a grand prize raffle with prizes valued over $100!

- In order to qualify for this incentive, you must complete the Annual Health Assessment.
- Only paid UVM employees are eligible to receive this incentive.
- Once claimed, incentive will be included as taxable income and normal payroll deductions will apply.
- Prizes will be awarded in May.

For questions, contact UVM Employee Wellness:
Website: www.uvm.edu/hrs/wellness
Email: wellness@uvm.edu
Phone: 802-656-3150

Visit https://mybluehealth.bcbsvt.com to complete this incentive!

Step One: Complete your health assessment.
Step Two: Complete survey one – Setting your goal(s) April 1-30
Step Three: Complete survey two – Progressing toward your goal(s) May 1-31
Step Four: Receive your $35 Amazon gift card

Physical activity
- Walking maps
  https://www.uvm.edu/hrs/wellness/wellnessatwork
- https://secure.bcbsvt.com/walking-supplies.php
- Campus Recreation
  https://uvmcampusrec.com/
- Monthly Campus Recreation Tours for Faculty/Staff
- On-campus FREE Employee Fitness Classes (Zumba, Yoga, Group Training)
  https://www.uvm.edu/hrs/wellness/wellnessatwork
- Catma Green Bikeshare
  https://catmavt.org/bikeshare
- Wellness Partner Discounts
  https://www.uvm.edu/hrs/wellness/local-fitness-nutrition-discounts
- Centers for Disease Control Physical Activity
  https://www.cdc.gov/physicalactivity/index.html

Nutrition
- UVM Dining
  https://uvmdining.sodexomyway.com/
- Attend a Nutritional Lunch & Learn
  https://www.uvm.edu/hrs/wellness/wellnessatwork
- Wellness Partner Discounts
  https://www.uvm.edu/hrs/wellness/local-fitness-nutrition-discounts
- Choose My Plate
  https://www.choosemyplate.gov/

Stress management
- Invest EAP
  https://www.investeap.org/
- On-campus Counseling
  https://www.uvm.edu/sites/default/files/Employee-Wellness/InvestEAP.pdf

Tobacco cessation
- Tobacco-Free UVM
  https://www.uvm.edu/tobaccofree
- 802 Quits
  https://802quits.org/

Professional development
- Workshops on Diversity, Leadership, Communication, Personal Effectiveness and More!
  http://www.uvm.edu/develop/?Page=AboutUs.html

Other opportunities
- 4-20 5k for Wellness (April 20th, 2019)
- National Walk @ Lunch Day (April 24th, 2019)
- Employee Wellness Fair (Fall 2019)
- Flu Shot Clinics (Fall 2019)
- On-campus Chiropractor (weekly)
  https://www.epicwellnessvt.com/appointment/

Resources

Here are some on-campus and national resources for your personal journey to wellness:

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What is my goal?

7. What am I trying to accomplish? See other side.

Hint when thinking about my goal – I will want to make it something I can control, for example:

i. I will lose 5 pounds by March 25, 2019 – NO
ii. I will eat 5 fruits and vegetables 5 days of the week during the month of March 2019 - YES

8. What is the goal I am thinking about – is it long term (1 year or more) or short term (a week, a month, less than a year) – if I choose a long term goal I will want to have short term goals to get me there:

i. Long term example: I will exercise a minimum of 5 days a week for 30 minutes by the end of 2019
ii. Short term goal sample: 3 miles per week (Mar 1 – Mar 31st)

5. What is reasonable – what is achievable for you? Start by pretreating the questions below to help you determine what you will be thinking of when you reach your goal.

1. What matters to me?
2. What are the 5-10 most important things in my life?
3. What do I want to do? Or accomplish?

4. What is a new habit I want?
5. What can I really do – what is reasonable for me?