

UK Healthtrac Rewards

Good health pays!



UK employees, retirees, and their spouses or sponsored dependents enrolled in a UK health plan are eligible to participate. Here's how to earn your reward of \$180 per fiscal year:

1

Health Assessment

- How often? Twice per year
- How much earned? \$25 each time; up to \$50 per fiscal year
- When? During the 3-month windows:
July 15 through September 30
January 1 through March 31.

Important: You MUST complete at least one Health Assessment before you can begin earning any rewards for that fiscal year.

2

BeH.I.P. or Healthy Living Program

- How often? Once per year
- How much earned? \$30 once per fiscal year
- When? Enroll in and complete either a BeH.I.P. health coach program or an online Healthy Living program once a year.

3

Health Center Quiz

- How often? Quarterly
- How much earned? \$10 each quarter
- When? Complete an assigned Health Center Quiz during each quarter. We'll let you know which quiz to take for the quarter in your monthly reminder e-mail.

4

Health Activity Tracker

- How often? Every month
- How much earned? \$5 each month
- When? Log in to your personal health page and earn at least 500 Wellness Credits each month using the Health Activity Tracker.

Reward Checklist

Health Assessment

Complete twice per year during windows

Earn \$25 each time

- July 15 through September 30
- January 1 through March 31

Important: You **MUST** complete at least one Health Assessment before you can begin earning any rewards for that fiscal year.

BeH.I.P. or Healthy Living Program

- Enroll and complete once per year*
Earn \$30 once per year

Health Center Quiz

Complete one assigned quiz per quarter

Earn \$10 each quarter

- July - September Quiz
- October - December Quiz
- January - March Quiz
- April - June Quiz

Health Activity Tracker

Every month earn 500 Wellness Credits

Earn \$5 each month

- July
- August
- September
- October
- November
- December
- January
- February
- March
- April
- May
- June

<https://ukhealthtrac.online.staywell.com>