



# LiveWell

An initiative led by  
UK HR's Health & Wellness

 University of  
Kentucky<sup>®</sup>

# LiveWell Check In health screening

- 20-minute health screening = \$100 UK health plan rebate
- 7,851 UK community members participated
- Highest health risk = lack of exercise

# Employee-dedicated fitness facility

- Opened July 2015
- Record membership:  
2,182 members








# Physical activity commitment

- *For the health and well-being of myself, my family, and everyone around me, I commit to the UK LiveWell Step Up challenge by agreeing to engage in regular physical activity before, during or after the workday – and to encourage family, friends and co-workers to do the same. I will be ready to participate in the challenge on its start date of Monday, January 11.*

# Fitbit incentive

- 8,621 eligible employees purchased a Fitbit

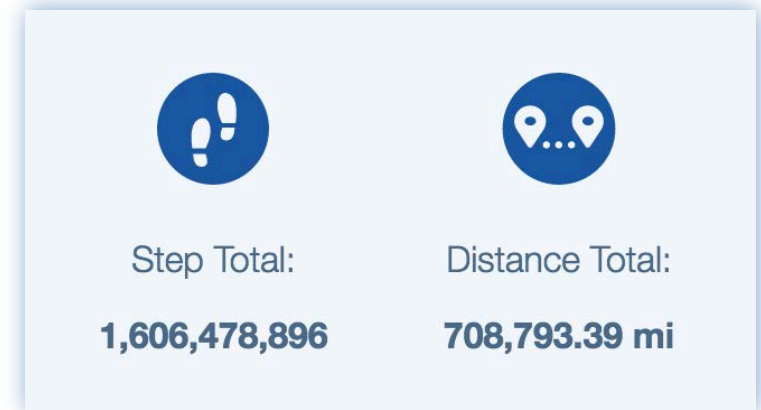
Fitbit Device	Flex	One	Charge	Charge HR	Surge
					
<b>MSRP</b>	\$99.95	\$99.95	\$129.95	\$149.95	\$249.95
<b>Employee Cost</b>	\$19.00	\$19.00	\$42.00	\$62.96	\$138.96

# StepUP Challenge

- 42 day challenge
- Goal: Average between 6,000 – 10,000 steps
- 6,250 participants
  
- Preliminary data shows about 55% of participants' daily step average > 6,000

# 706,793 total miles, or a trip...

- To the moon and back
  - 3 times
- Around the world
  - 28 times



Or a round trip to:

- Paris, France – 85 times
- Los Angeles – 164 times
- Disney World – 431 times

