

ROAR FOR WELLNESS

2024-2025



A rewards program for full-time faculty and staff
of the University of North Alabama.

The official wellness portal for Roar for Wellness is through US Health Center. The wellness portal contains your health dashboard (PHD) to track and store your wellness data. The PHD is available to you 24 hours a day and is accessed by your username and password.

How to Log on to your Personal Health Dashboard (PHD)

New Users

Log on to: <https://ushealthcenter.com/Activate>

- **Select Activate by Email > Enter your work email > Click Submit**
- **You will receive an activation email (check your junk mail if not in your inbox) with a code and an activation link. Follow the prompts to create your password > Activate Account.**
- **You will be provided with your username (first initial last name + last four of your L number (jdoe1234))**
- **Click Login > Use this username and the password you just created > Login Congratulations! Your account is now created.**

Return Users and Future Logins

Log-on to www.ushealthcenter.com

- **Provide your username and the password you created**
- **Username: first initial of first name + entire last name + last 4 social (all lowercase)**
- **Password: use what you created**

For technical support or password assistance contact US HealthCenter toll-free at 877-322-7398 ext 2 (M-F 8 am – 5 pm CT) or help@ushealthcenterinc.com

Core Components	Description
1) Biometric Screening Pre-Screening (Registration required) September 9 – 11 1000 points	<p>The screening components include a glucose and lipid panel as well as measurements for height, weight, blood pressure, heart rate, and self-reported tobacco use.</p> <p>UNA Biometric Screening</p> <ul style="list-style-type: none"> • September 9th – 11th in the Human Performance Lab • Register at una.edu/wellness > Roar for Wellness Current Enrollees • A 12-hour fast is required before your screening. You may drink water but no other food or drink, please
2) Online Health Risk Assessment Pre-Assessment September 11 – Oct 4 1000 points	<p>Complete the online HRA AFTER your lab results are in the system. Completing the HRA takes about 20 minutes. The Health Risk Assessment is an online questionnaire that will assess your physical/emotional health, stress, exercise, eating habits, alcohol use, safety, readiness to change, preventive health care, medical history, cardiac risks, and cancer warning signs. To Complete the HRA</p> <ul style="list-style-type: none"> • After your lab results are in, log on to the PHD between September 11 – Oct 4> Click on Assessment > Health Risk Assessment. • Complete all 8 sections until you receive a “Congratulations” message. Once you have completed your assessment, you will be able to view all your results online. To print your personalized report, click on Medical Records > Health Assessment Report

3) HRA Review Coaching Call

September/October
500 points

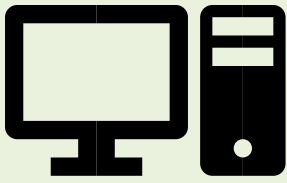
This is a confidential 20-minute telephonic appointment to review your screening and HRA results with a licensed healthcare professional and/or certified health coach.

To Register for Your Appointment

- Log on to www.ushealthcenter.com > Click on **Health Counts** > Select **HRA Review Registration** > Choose a date and click **Sign Up** > Under **Time Slot** click the drop-down menu and select your **desired time and enter a phone number**

Activities	Description
Educational Sessions “Wellness Wednesdays” 50 points per session	Completion is tracked via an event registration form managed by Healthy UNA. See the schedule on page 10 of the guide.
Minutes Activity Tracker June 5 – April 1 25 to 50 points	Achieve your physical activity minutes goal by getting a specific number of physical activity minutes per week (Monday through Sunday). This will require tracking via the USHC portal. Attend the USHC session for more information. <ul style="list-style-type: none">• 25 points earned each week you get 150 – 199 minutes of exercise• 50 points earned each week you get 200 or more minutes of exercise
Important Note for Tracking Walking as Exercise	Walking for exercise should be tracked via steps <u>OR</u> minutes. It should not be tracked both ways. Please decide how you will track walking and use one method only.
Step Tracker June 5 – April 1 25 to 50 points	Achieve your step goal by getting a specific number of steps per week (Monday through Sunday). This will require tracking via the USHC portal. Attend the USHC session for more information. <ul style="list-style-type: none">• 25 points earned each week you get 50,000 to 69,999 steps• 50 points earned each week you get 70,000 or more steps
Self-Care Tracker June 5 – April 1 25 to 50 points	Each week (Monday through Sunday), track your self-care activities using the self-care tracker on your PHD. Click on Health Tracker > Self-Care > Select an activity > Date will default unless you change it > Enter the duration (optional) > Click Save > Your entry will save in the bottom table. <ul style="list-style-type: none">• 25 points earned each week you make 2-4 entries• 50 points earned each week you make 5 or more entries
Annual Preventive Care Form Due March 31 (schedule your appointments today!) 250 points	Have the Annual Preventive Care form signed by your physician or primary care provider demonstrating that you have completed your annual physical between April 1, 2024, to March 31, 2025, and are current with your age/gender-appropriate screenings. <ul style="list-style-type: none">• Submit the completed affidavit form by March 31, 2025, via fax: 262-236-4082 or upload it to your PHD.• You can access the form by logging in to your PHD > Click on the Health Counts tab > Download the Annual Preventive Care Affidavit from the Customer Documents section <p>The preventive care form is considered a self-care activity and is a part of the criteria used to be eligible for the Self-Care Champion Award!</p>

<p>Roar Partner September 1 – April 1st 250 points</p>	<p>Having support and someone you are accountable to can make all the difference in being successful in living a healthy lifestyle. Each month enter a self-report on ways you supported your roar partner. Go to Health Counts > Roar Partners > Select Month Completed > Record > Enter the name of your Roar Partner and a few words about how you supported them > Record. Enter within 15 days of the following month. For example, self-record September completion by October 15. The last date to record March entry is April 1, 2025. NOTE: Your Roar Partner must be the same person throughout the program to be eligible for the Roar Partner Award with both partners officially enrolled in the 2024- 2025 program.</p>
<p>Fitness Classes June 6, 2024 – March 21, 2025 50 participation points*</p>	<p>30-MIN LUNCH and Lift WORKOUT: Tuesdays and Thursdays, 11:30-12:00 pm *NOTE: When attending faculty/staff fitness classes, you receive participation points for attending plus the number of minutes you record in the “Minutes Activity Tracker.” If both you and your Roar Partner attend together, then double the participation points!</p>
<p>Maintain Don’t Gain Challenge November - January 200 points</p>	<ul style="list-style-type: none"> • Program materials with details will be released separately from USHC.
<p>Spring Challenge TBD 200 points</p>	<ul style="list-style-type: none"> • Program materials with details will be released separately from USHC.
<p>Health Coaching 250 points per session</p>	<p>After completion of the HRA Review, participants are eligible for up to two additional coaching sessions. The Health Coach is a certified health coach, RN, or licensed health professional able to interpret results, assist with referrals, and facilitate the development of goals. The information discussed with the coach is confidential. You will have the opportunity to work on lifestyle or disease management goals that are important to you.</p> <ul style="list-style-type: none"> • Schedule sessions during your HRA Review or by contacting US HealthCenter at 877-3227398 ext 2 or help@ushealthcenterinc.com
<p>Flu Shot COVID-19 Vaccine 75 points each</p>	<p>Flu shots and COVID-19 vaccine are available through Health Services. Schedule here: https://www.una.edu/healthservices/</p> <ul style="list-style-type: none"> • Self-report your flu shot completion on your PHD by selecting Health Counts > Healthy UNA Activities > “I completed a flu shot during the fall of 2024/25” > Record • If you have received your full dose of the COVID-19 vaccine and booster, Self-report your completion on your PHD by selecting Health Counts > Healthy UNA Activities > “I completed my COVID-19 vaccine” > Record
<p>Biometric Points You are eligible for these points once per academic program year 65 to 100 points</p>	<p>You will receive a WellCentive score (viewable on your PHD) that is based on the results of your biometric screening. You will receive points as follows for results in the categories below:</p> <p>WellCentive Score % Excellent (92-100 %) = 100 points Good (75-91.9 %) = 80 points Fair (65 – 74.9 %) = 65 points</p>



Resources available anytime on your Personal Health Dashboard:

- ✓ Health Activity Trackers
- ✓ Medical and video library
- ✓ Health records and journals
- ✓ Risk resolution guidelines
- ✓ Road to Wellness self-paced tutorials

Mobile App Available: Download the mobile app from the Google Play (Search Personal Health Dashboard)

App Store or

Questions?

For technical support or password assistance contact US HealthCenter toll-free at 877-322-7398 ext 2 (M-F 8 am – 5 pm CST) or help@ushealthcenterinc.com.

For wellness questions unrelated to USHC, contact Healthy UNA at 256-765-4738 or email wellness@una.edu.

Award Categories	Description
1 st Place	Most amount of total points earned throughout the program academic year.
2 nd Place	Second highest amount of total points earned throughout the program academic year.
3 rd Place	Third highest amount of total points earned throughout the program academic year.
Self-Care Champion	This category is a new category to recognize the top male and female participants who have earned the most amount of self-care activity points. Recipients of this award must have completed their Annual Preventive Care form as indicated on page 2 of the program details. Self-care activities are tracked using the self-care tracker weekly.
Roar Partners	<p>Best pair of accountability partners based on feedback provided to Healthy UNA and monthly self-report activity.</p> <p>NOTE: Your Roar Partner must be the same person throughout the program to be eligible for the Roar Partner Award with both partners officially enrolled in the 2024- 2025 program.</p>
Most Improved	Most improved WellCentive score using the pre and post-biometric health screening comparison. The WellCentive score is calculated by USHC.
Workout Warrior	Most amount of workout minutes are tracked throughout the program. This applies to a variety of workouts of your choice.
Lion on the Move	Most steps are tracked throughout the program. Participants must decide to track steps or minutes for exercise and not track both.
New Category	*Details will be released soon about this category.
Recruiter Award	The Roar for Wellness member who recruits the most enrolled participants to RFW during the 2024-2025 program year. The deadline for inclusion in this category is March 1, 2025.

****RFW members are eligible for one award category only EXCLUDING, Total Points 1st, 2nd, 3rd, and the Recruiter Award. Total Points categories (1st, 2nd, and 3rd place) will be weighted to reflect overall participation and engagement.***



Wellness Wednesdays Schedule

DATE	TIME	LOCATION	TOPIC	SPEAKER
September 18 th	12:00pm-12:45pm	GUC 200	Time Management & Burn Out	Laci Lake, Counseling Services
September 25 th	12:00pm-12:45pm	GUC 200	Follow Up: Time Management & Burn Out	Healthy UNA Team
October 9 th	12:00 pm-1:00 pm	Nursing Dept. Conference Room	Breast Cancer Awareness	Dr. Grace Zills
October 16 th	12:00pm-12:45pm	GUC 200	Budgeting for the Holidays	Sarah Evans, Listerhill Credit Union
October 30 th	12:00 pm - 1:00 pm	Flowers Hall 307	Halloween Party	Dr. Refroe, Kinesiology
November 6 th	12:00pm-12:45pm	Flowers Hall 307	Heart Healthy Thanksgiving	Dr. Renfro, Kinesiology
November 13 th	12:00pm-12:45pm	GUC 200	Peace Tree Craft	Ms. Gigi Broadway, GUC Event Management

All sessions require registration with both an in-person and virtual option unless otherwise specified. Sessions are recorded and uploaded to the Healthy UNA website and YouTube channel. Visit our website at <https://www.una.edu/wellness/wellness-wednesday/index.html> for registration details.

Campus Fitness Facilities

Rec Center Amenities: Located in the building next to the parking deck facing Pine Street. You can access it through the fourth floor of the parking deck. Click here for the complete schedule: <https://www.una.edu/recsports/>

- ❖ A gymnasium facility including three multi-purpose courts and a walking/jogging track
- ❖ A fitness center with workout areas dedicated to cardio machines and free weights
- ❖ An aerobic center that offers a variety of fitness classes; see schedule next page
- ❖ Locker rooms with full-sized lockers and showers (bring your own lock)
- ❖ Access to the Outdoor Adventure Center (OAC), which offers various outdoor activities for the fall and spring semester
- ❖ Additional amenities available to RFW participants that require a fee are personal training, OAC adventure outings, and intramural sports
- ❖ Check in at the UNA Rec Information Desk and present your **Mane Card for entry**

Wellness Center Amenities: Located upstairs in Flowers Hall across from the Pierce Hospitality suite.

- ❖ New equipment for aerobic exercises such as treadmills, ellipticals, and bikes
- ❖ New equipment for resistance training including free weights and machines
- ❖ Equipped with televisions, fans, and sanitizing stations
- ❖ Available for faculty and staff with extended hours; hours are available at the link below
- ❖ Mane card access is required for entry; contact the Mane Card office at extension 4924
- ❖ <https://www.una.edu/wellness/wellness-resources/gymson-campus.html>

RFW GROUP FITNESS CLASSES

New classes have been added to the UNA Recreation Center schedule for RFW participants. The classes are taught by Healthy UNA and/or faculty/staff members. The classes are designed to get a quick workout during lunch so you can take care of the rest of your day. Refer to the wellness website at una.edu/wellness for additional updates. **Details are forthcoming regarding small group fitness activities.**

DAY	TIME	CLASS	INSTRUCTOR
Monday	12:00 pm-12:30 pm	Yoga - East Yoga - SRC Studio	Racheal Harris German Roca
Tuesday	11:30 pm-12:00 pm	Lunch & Lift - SRC	Craig Witt
Thursday	11:30 am-12:00 pm	Lunch & Lift - SRC	Craig Witt
Friday	12:00 pm-12:30 pm	Lunch & Lift - East	German Roca

Class Descriptions:

Yoga- A great form of exercise to help individuals deal with the stress and pressure of modern living. This class will work the joints & muscles to increase flexibility, strength, balance, and good blood flow, leading to quiet reflection and proper breathing.

Resistance Training/Lunch & Lift- A quick 30-minute resistance training workout. Burn calories, engage your core, and build muscle in a multitude of core and strength exercises. All fitness levels are welcome!



Contact Us

Phone: 256.765.4738

Email: wellness@una.edu

Website: Una.edu/wellness

Jackie Allen: Director of Wellness

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Follow us on social media!

