

# *Employee Wellness Program*



LIVEWELL OU  
*The* UNIVERSITY *of* OKLAHOMA

## MISSION

**Be Well. Work Well. Live Well.**



# WHAT IS LIVEWELL OU?

**YOUR WELLBEING MATTERS.**

- Free to join employee wellness program employees of The University of Oklahoma and OU Medicine.
- Incentive opportunities
- Program Year is January - November
- The program encompasses all dimensions of wellness.



# THE LIVEWELL OU PROGRAM ENCOMPASSES:



## WELLNESS CHALLENGES

- Team and Individual Challenges
- FitStart (Annual team challenge)
- Mental Health, Nutrition, Activity, etc.



## COMMUNITY EVENTS AND VOLUNTEERING

- Live to Give
- Volunteer Opportunities
- Event Sponsorship opportunities (ex. OUTPACE)



## PERSONAL DEVELOPMENT OPPORTUNITIES

- Lunch and Learns
- Webinars
- Financial Wellness



## OTHER OPPORTUNITIES

- Couch to 5k Program
- Body Composition Assessments
- And more!

# OTHER WELLNESS RESOURCES

## OU HEALTH PHYSICIANS CORPORATE HEALTH AND WELLNESS

Appointments: [CHWBiometricScreening@ouhsc.edu](mailto:CHWBiometricScreening@ouhsc.edu)

- Provide on-campus biometric screenings
- Available to benefits eligible employees
- LiveWell OU members can use the full screenings as their annual physical/health screening requirement
- Screening includes:
  - Inbody, Bloodwork, and visit with a provider

## BLUE CROSS BLUE SHIELD

- Well onTarget
- Fitness Program
- Women and Family Health
- Tobacco Cessation

BCBS: 855-649-9614 - - <https://www.bcbsok.com>

## MAGELLAN

### *Employee Assistance Program*

- Counseling Services
- Legal and Financial Consultation Services
- Work-Life Services
- Webinars

Magellan member help line: [800-327-5043](tel:800-327-5043)

Magellan website: <https://magellanascend.com>

# CAMPUS WELLNESS RESOURCES

## FITNESS

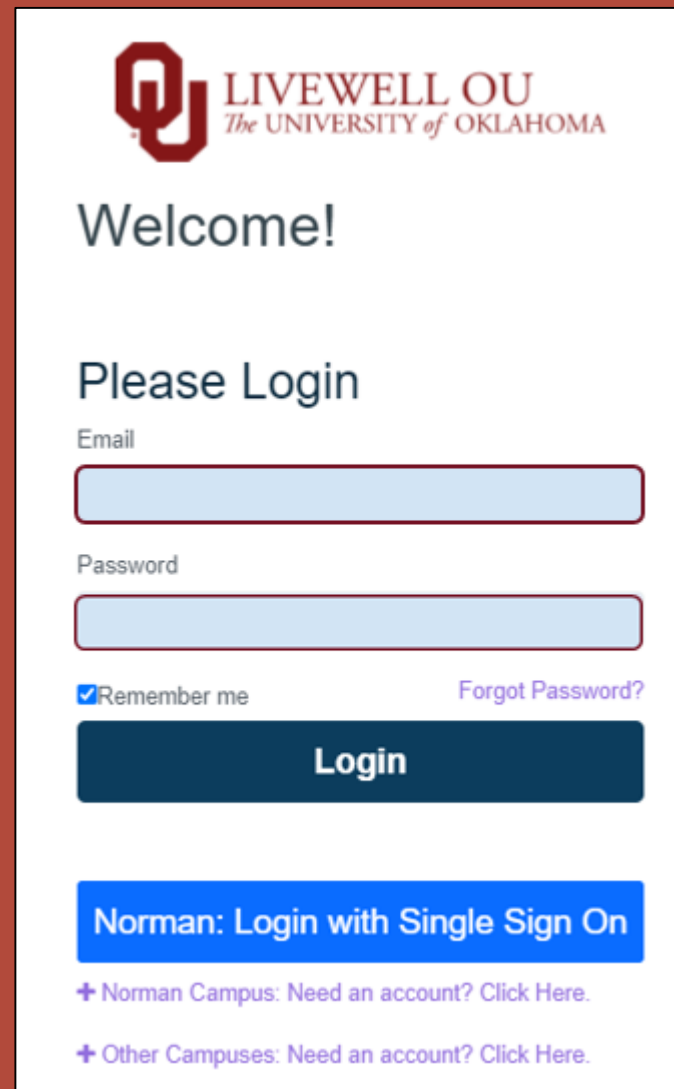
- NORMAN: Sarkeys Fitness Center & Murray Case Sells Swim Complex
- OKC: University Health Club & NRGY
- TULSA: OU-Tulsa Fitness Center

## HEALTH SERVICES

- NORMAN: Goddard Health Services
- OKC: Student & Employee Health Clinic
- TULSA: Student & Employee Health

## REGISTERED DIETITIANS

- Fran Olsen Sharp, MS, RD, LD with Food Services
- Nutrition Services at Goddard
- OU Health Physicians Corporate Health & Wellness



The screenshot shows the LiveWell OU login interface. At the top left is the logo for LiveWell OU, The University of Oklahoma. Below the logo, it says "Welcome!". The main heading is "Please Login". There are two input fields: "Email" and "Password". Below the "Email" field is a "Remember me" checkbox which is checked, and a "Forgot Password?" link. A dark blue "Login" button is positioned below the input fields. Below the "Login" button is a blue button that says "Norman: Login with Single Sign On". At the bottom, there are two links: "+ Norman Campus: Need an account? Click Here." and "+ Other Campuses: Need an account? Click Here."

The LiveWell OU portal is compatible with computers, tablets and smart phones



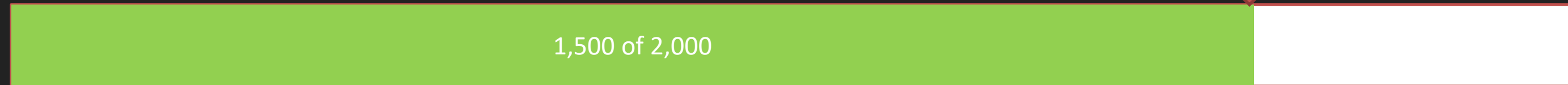
# HOW TO JOIN LIVEWELL OU

BEGIN YOUR WELLNESS JOURNEY TODAY

- Go to: <http://LiveWellOU.com>
- Step 1:** Create Your LiveWell OU Account
- Step 2:** Enter in the LiveWell OU portal Pin Number: **2020**
- Step 3:** Enter in your information and review the program guide under the 'Welcome' tab.

# Quarterly Incentive

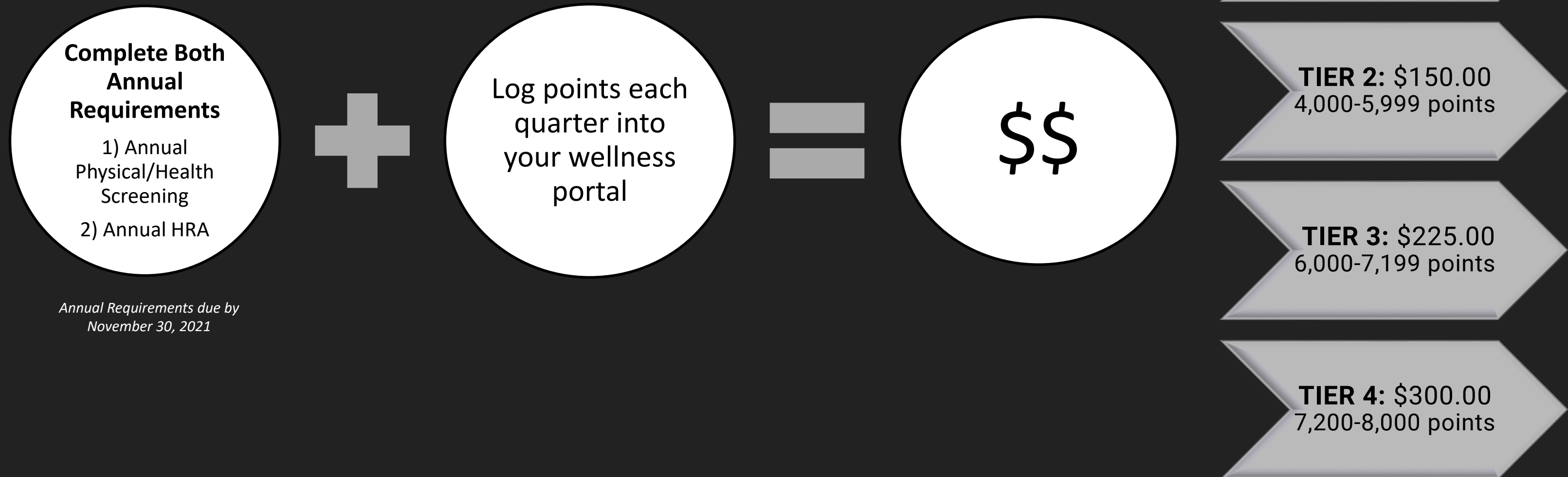
Log a minimum of 1500 points each quarter to earn the quarterly incentive item



*Quarterly Incentive eligibility includes all OU Staff and Faculty, regardless of FTE status.*




# Annual Monetary Incentive



*Monetary Incentive Eligibility: Must be a benefits eligible employee of the University of Oklahoma (HSC/Tulsa/Norman).*



# Proof Examples for Annual Health Screening/Physical and other Health Exams



Explanation of Benefits -		Subscriber
Claim Doc No:	1926940638	Date of Issue: 09/26/2019
Patient Name:	LINDSAY MITCHELL	

### Member Information

Member name: KAYLIE D STOGSDILL  
 Group number: 207192  
 ID number: ~~XXXXXXXXXXXX~~

### Claim Information

Claim number: ~~XXXXXXXXXXXX~~  
 BCBS status: Paid  
 Last update date: 09/04/2020  
 Claim type: Medical  
 Claim group: + Add to Claim Group

*Create a Claim Group to better manage and view your claims.*

### Provider Information

Provider name: OU PHYSICIANS  
 Date of service: 07/15/2020

[Service Line Details ?](#)

OU Medicine

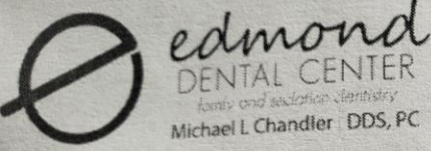
Lab Test Explanation Sheet  
 Date: 07/30/2020  
 Time: \_\_\_\_\_

Name: Lindsay Mitchell Age: 37 Physician Referral: (Y) (N)

## InBody

[InBody270]

ID	Height	Age	Gender	Test Date / Time
	5ft. 07. 0in.	37	Female	06. 30. 2020 08:09



1745 W 33<sup>rd</sup>, Suite A  
 Edmond, Ok 73013  
 405.330.4630 ph#  
 405.330.4097 fax#  
[www.edmonddentalcenter.com](http://www.edmonddentalcenter.com)

Lindsay Mitchell had a dental appointment at our office.  
 Please excuse the patient for 2-19-20 @ 2:50 pm

Thank You!  
 Edmond Dental Center Staff ☺

# WHAT'S NEW FOR 2021?

- FAQ section
- Proof of completion – revised
- Point values
- Updated monetary incentive table
- Revised tabs

# CONTINUED....

## Welcome Tab

- Removed the quarterly completion rings
- Yearly points total bar with each quarter color coded
- Search Bar
- Program Guide

## Annual Requirements Tab

- 250 points for Health Screenings/Physical completion  
*Requires admin approval*
- 200 points for Health-Risk Assessment completion
- Updated Monetary Incentive Structure

# CONTINUED....

## Quarterly Activities Tab

- December 2020 points.
- *Environmental*: Recycling, Grow/Buy Local Produce, Eco-Mode of Transportation
- *Physical*: Sleep, Physical Activity, Age Appropriate Vaccinations, Tobacco Free/Cessation Program, Couch to 5k
- *Social*: Wellness Watercooler Chat, Random Acts of Kindness, Volunteering
- *Intellectual*: Book Club, Wellness Trivia
- *Occupational*: Campus Governance Groups

## Resources Tab

- Includes benefits, fitness centers, health clinic, and more.

# Contact Us!

*Wellness@ouhsc.edu*

*Wellness@ou.edu*

*Hr.ou.edu/wellness*