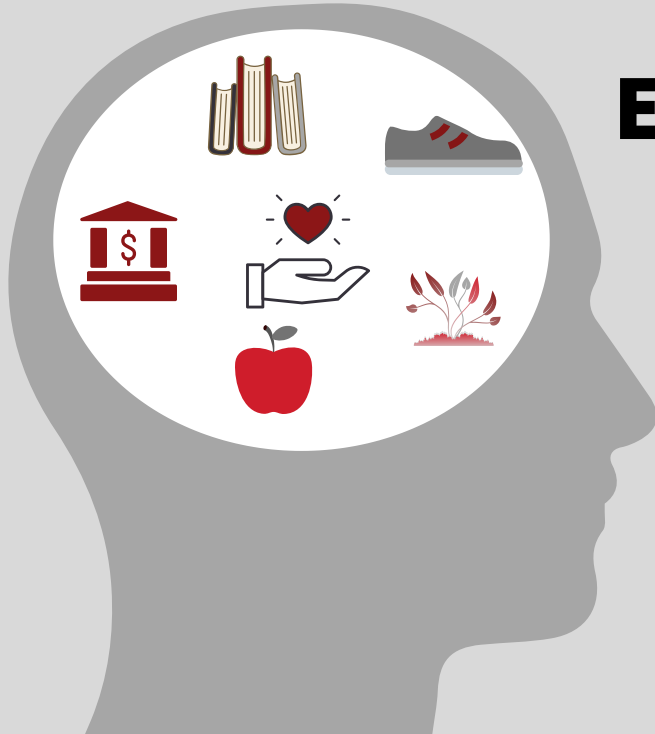




**LIVEWELL OU**  
*The UNIVERSITY of OKLAHOMA*



# **EMPLOYEE WELLNESS PROGRAM**

We are committed to nurturing the overall wellbeing of our University employees by empowering them with the knowledge, skills, and tools to make healthy lifestyle choices through effective programming, valuable resources, and a supportive environment.

**FREE TO JOIN**

**BUILD HEALTHY HABITS**

**WELLNESS CHALLENGES & ACTIVITIES**

**QUARTERLY AND ANNUAL INCENTIVES**

**WELLNESS RESOURCES**

We believe in helping employees improve their overall wellbeing. The program encompasses all eight dimensions of wellness:

1. Emotional
2. Environmental
3. Financial
4. Intellectual
5. Occupational
6. Physical
7. Social
8. Spiritual

# About LiveWell OU

## Who can join LiveWell OU?

LiveWell OU participation is open to employees of The University of Oklahoma (Norman, Oklahoma City, Tulsa and off-site clinics/offices) and OU Medical Center employees.

## How do I join LiveWell OU?

Go to [www.livewellou.com](http://www.livewellou.com) and select your campus. When prompted enter the pin: **2020** to continue registration.

## When is the program year?

The LiveWell OU program operates off of the calendar year of January 1st through November 30th and is broken into quarterly goals.

## How do I know if I am incentive eligible?

While the quarterly incentive items are available to all University of Oklahoma (HSC/Tulsa/Norman) employees to earn, the annual monetary incentive is reserved for benefits eligible employees (.5 FTE or greater) of The University of Oklahoma (HSC/Tulsa/Norman). At this time, employees of OU Medicine Inc. are not incentive eligible. If you are unsure of your eligibility please email us at [wellness@ouhsc.edu](mailto:wellness@ouhsc.edu) or [wellness@ou.edu](mailto:wellness@ou.edu) and we will assist you.

## How many points can I earn each quarter?

Participants of the program can earn up to 2,000 points each quarter. Any points redeemed outside of the 2,000 during the current quarter will not rollover to the next quarter. Points are earned by completing and participating in various wellness activities throughout the program year.

## Where can I learn more about the program?

Once you have joined the wellness portal go to the 'Welcome' tab located on the homepage and review the program guide. Our program guide contains information on deadlines, annual requirements, incentive breakdown, incentive eligibility, quarter deadlines and more!

## Contact us!

Email us at [wellness@ou.edu](mailto:wellness@ou.edu) or [wellness@ouhsc.edu](mailto:wellness@ouhsc.edu)