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**Human Resources Department**

## **MEMORANDUM**

DATE: July 1, 2016

TO: Benefit Eligible Employees

FROM: Healthy U

SUBJECT: 2016 – 2017 Healthy U – Voluntary Wellness Program Guide

Enclosed is your new Wellness Program Guide.

If you are already registered, all you have to do is sign in at [www.Redlands.edu/HealthyU](http://www.Redlands.edu/HealthyU) and get started on this year’s program. If you are not yet participating, please see page 7 in the enclosed 2016 – 2017 Wellness Program Guide on how to register.

**PREMIUM RATE STRUCTURE**

**FOR THE 2016-2017 BENEFIT PLAN YEAR**

In the new benefit plan year, the University will continue to have a two-tiered premium rate structure:

• Tier One – Standard Employee Rate

• Tier Two – Healthy U Employee Rate

To earn the Healthy U rate, employees can participate in the Voluntary Healthy U Wellness Program beginning July 1, 2016 through May 31, 2017. Those who successfully complete the Healthy U program by May 31, 2017 will pay less for their health insurance premium than employees who don’t participate.

It’s a simple equation: Successfully complete the Healthy U program every year and you will benefit by receiving the annual Healthy U participant health insurance premium rate. Join us in continuing to move towards a holistic health culture that is founded upon prevention, self-care, and lifestyle-management. We look forward to seeing you at events this upcoming year and to your joining us in becoming a Healthier U.