Our purpose.
Your journey.

**SCHEDULE** your biometric screening
**COMPLETE** your Personal Health Assessment (PHA)
**EARN** $125

Then... join a program to reach your health goals.

**Lifestyle Management Programs**
- Lose weight
- Lower blood pressure
- Build a physically active routine
- Maintain weight
- Stop smoking
- Build a healthy lifestyle

**Condition Management Programs**
- Asthma
- Congestive heart failure
- High blood pressure
- Stroke
- Atrial fibrillation
- Coronary artery disease
- High cholesterol
- COPD
- Diabetes
- Lower back pain

Earn $100 for completing a lifestyle management program and another $100 for completing a condition management program, if you are eligible* to participate.

Visit [urwell.rochester.edu](http://urwell.rochester.edu) or call **(585) 275-6810** for more information and to get started.

*ELIGIBILITY
Those eligible for biometric screenings, the Personal Health Assessment (PHA), lifestyle management programs, condition management programs, and incentives include regular full-time and part-time faculty, staff, residents, fellows, and spouses or domestic partners enrolled in a University health care plan, non-Medicare-eligible retirees and spouses or domestic partners enrolled in a University-sponsored health care plan.