



CHARGER FIT EMPLOYEE WELLNESS NEWSLETTER

January 2021

UAH DASH-CEMBER CHALLENGE WINNER

Congratulations goes to Susan Solomon! She is the winner of our December MoveSpring Challenge and a \$50 Amazon gift card. Thank you to all the participants for December's challenge. If you haven't had the opportunity to have bragging rights of being our challenge winner, Don't Worry! There will be more opportunities to win in 2021. So grab your walking shoes, and begin stretching those ham-mies! Information about January's MoveSpring Challenge is listed below.

Congratulations!

MOVESPRING

Who is ready for a new challenge? Let's face it, 2020 was a tough year! "Let's Charge into 2021" with a new attitude and a new mindset to accomplish our fitness goals this year. Our Charge into 2021 MoveSpring Challenge will begin January 18, 2021– January 29, 2021. It's time to get competitive! Dust off those walking shoes you put away during winter break and let's see who will make it to the top of the leaderboard. The winner will receive a UAH swag bag! If you haven't participated in MoveSpring before, now is the time. Sign up in 3 easy steps. Join today and start stepping!

INSTRUCTIONS FOR JOINING MOVESPRING:

You can create your MoveSpring account on a computer at app.movespring.com or by downloading the MoveSpring app to your mobile phone via the App Store or Google Play.

1. Click this join link: <https://link.movespring.com/join?groupId=5024&orgCode=UAS> You'll be navigated to the website (computer), or to download the app (mobile).
2. Enter the org code: **UAS** (not case sensitive) then confirm **The University of Alabama System** as the organization.
3. Once your account is created you'll automatically be registered in the step challenge! To join your team by campus click on the **Join Team** button.

Make sure you connect a fitness tracking device and sync your steps each day of the challenge by opening the MoveSpring app or website. [Click here](#) for a full list of connectable devices and apps. We strongly suggest syncing at least once a day to keep the challenge stats up to date. If you go too many days without syncing, MoveSpring may miss some of your steps.

NEED HELP?

Check out the [MoveSpring Help Center](#), MoveSpring [how-to videos](#), or contact their support team via the blue dot on the bottom right of their website, or in the MoveSpring app via your profile. You can also email MoveSpring Support directly at : help@movespring.com

MoveSpring

2021 WELLNESS INCENTIVE PLAN

All full-time faculty and staff have an opportunity to earn a **\$50** or **\$100** incentive this year!

To be eligible for an incentive, participants must complete the tier requirements by **October 31, 2021**. Point earning activities can be found at www.myGilsbar.com. Log-in to the wellness center and click "Track My Points."

Tier 1: Complete Health Assessment, Biometric Screening, **AND earn 300 total points** to receive a **\$50 wellness incentive**.

Tier 2: Complete Health Assessment, Biometric Screening , **AND earn 400 total points** to receive a **\$100 wellness incentive**.

- Health Assessment: Available through the Gilsbar online wellness portal (50 points)
- Biometric Screening: Complete at the [Faculty and Staff Clinic](#) or your primary physician (50 points). The [UAH screening form](#) must be turned in to the Faculty and Staff clinic to receive points.

*Point earning activities can be found at www.myGilsbar.com. Log in to the wellness center and click "Track My Points" for a list of point earning opportunities. Activities will also be listed monthly in the Charger Fit Wellness Newsletter.

*Wellness incentive not to exceed \$100. Incentive is paid out on the December 24th payroll check.



Have you signed up for the Charger Fit Wellness program with Gilsbar? It's not to late. Follow the instructions below.

2-Step Portal Registration

1. Visit www.myGilsbar.com and select "First Time User? Click here to register."
2. Enter group number (S2841), your email address, and the **last four digits of your A#**. **Please note it will say the last four digits of your social security number but Gilsbar has updated their system for us to use the A# in place of your SSN. Currently, registered members should not be impacted as the last 4 digits are only required upon initial myGilsbar registration.**

For 24/7 access, visit www.myGilsbar.com, enter your email address and password to log in and select Wellness Center from the navigation.

NATURALLY SLIM

Eat your favorite foods. Lose weight. Repeat.

Lose weight and improve your health – **at no cost to you** – with a ten-week program called Naturally Slim[®]. Naturally Slim is delivered online to your smartphone or computer and doesn't include starving, counting calories, eating diet food or punishing yourself in the gym. Instead, Naturally Slim will teach you how to eat your favorite foods while losing weight, gaining energy and reducing your risk of getting a serious condition, like diabetes or heart disease. This benefit will be available to all members enrolled in the UAH medical plan at no cost.

Space is limited. Apply between January 18 - 29th, 2021

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www.naturallyslim.com/UAH

JANUARY EVENTS

NEW YEAR HOLIDAY - JANUARY 1, 2021

REGISTRATION FOR NATURALLY SLIM - JANUARY 18-29, 2021 *(BC/BS Participants only)

MOVESPRING CHALLENGE - JANUARY 18-29, 2021

MARTIN LUTHER KING, JR. - JANUARY 18, 2021



CONTACT US

P: 256-824-2259 | E: antwana.dryer@uah.edu | www.uah.edu/hr/wellness | facebook.com/UAHChargerFit