

Get Healthy Now Program

2026 INCENTIVE GUIDE

The Get Healthy Now Well-Being Program can help you build better habits and help you make meaningful healthy lifestyle changes.

There are several well-being activities to choose from which are designed to help improve and maintain our health together! You must earn 480 total wellness points (Personal Health Profile required) to receive the 2026 \$40/monthly incentive.



Register and
log in beginning
February 17, 2025



Decide your
path, **complete**
activities



Focus on
your health,
feel awesome



NEW DEADLINE to
earn 480 points for
2025: **November 21,**
2025 by 11:59pm ET



You are all set for
2025 and will receive
your **\$40/monthly**
incentive beginning
January 2026.

Well-Being Incentive and Program Eligibility

The \$40 GHN monthly incentive is available to all current employees and pre-65 retirees enrolled in a UofL medical plan. Medically enrolled spouses/qualified adults and dependent children age 18+ can utilize the well-being program features, but are not eligible for the incentive.

Take the Personal Health Profile to jump start your journey!

Complete the **Personal Health Profile (PHP)** to check your health status and receive personalized tips to help you improve and maintain your health and well-being. On average, the PHP takes 8-10 minutes to complete. You must complete the PHP to earn 200/480 points required to qualify for the \$40/monthly incentive.

Visit **HealthAdvocate.com/UofL** to enroll and sign into your account so you can begin earning points. **Need help registering? Call 866.799.2731.**

Additional ways to earn the rest of your incentive points are on page 2.

Register Now!

Learn how
to register at
**Louisville.edu/
gethealthynow**
or call
Health Advocate at
866.799.2731.

Well-Being Opportunities

Earning 480 points will secure your \$40/monthly incentive for 2026, but that's just the beginning of a healthier you.

Well-Being is a journey that starts with you!

Activities	Points
Online Pathways: Each completed online program is worth 300 points each. You may have one pathway in progress at a time. <ul style="list-style-type: none"> Pathways – Explore online personal pathways to take action for improved well-being. There are a variety of pathways to choose from to help you build skills and learn new healthy habits. Quit Tobacco Pathway – Complete the 12-week Health Advocate Quit Tobacco Pathway – online or with a Wellness Coach. Earn points by completing at least 8 weekly sessions. 	300
Nurse Coaching Enrollment: Learn how to better manage conditions such as Diabetes, Hypertension and more, stick to your treatment plan and prevent complications. One-on-one support is available with a certified Nurse Coach or Diabetes Educator. Contact Health Advocate at 866.799.2731 to schedule.	200
Well-Being Coaching: A Coach can help you meet your health goals and thrive. Earn 200 points by completing 3 sessions within 45 days. Each session is about 15-20 minutes. Coaching is unlimited.	200
Well-Being Activities: <ul style="list-style-type: none"> Personal Pathfinder - Take this assessment to help guide your well-being priorities. Learning Center - View articles, videos and more about health and well-being topics. Online Workshop - Complete self-paced workshops on nutrition, fitness, stress, and more! 	50 100 200
Health Education Session: Complete one coaching session to discuss your Personal Health Profile and/or well-being goals.	100
Preventive Care: Stay on top of your health and complete applicable preventive care exams and vaccinations (November 22, 2024 – November 21, 2025) worth 100 points each. Self-report completion by visiting HealthAdvocate.com/UofL	100
Annual Physical • Annual Well Woman Exam • Cervical Cancer Screening • Colon Cancer Screening • COVID-19 Vaccination • Flu Shot Vaccination • Mammogram • Prostate Cancer Screening • Skin Cancer Screening • Preventive Dental Exam	
UofL Well-Being Activities: Throughout the year, UofL will provide several opportunities, including but not limited to, HRtalks Wellness sessions and various programming/activities employees can attend and earn points. Check UofL Today and visit Louisville.edu/gethealthynow for point opportunities.	Varies
Track Weekly/Monthly Activities: Track one or more of the following activities using the Health Advocate website tracker or sync your tracker to the Health Advocate app. Each completed activity is worth 20 points each. <ul style="list-style-type: none"> Distance/Time Exercise (150 min weekly) • Strength Training (2 or more days weekly) • Charity Work (2 hours per month) 	20
Track Daily Activities: Track one or more of the following activities using the Health Advocate website tracker or sync your tracker to the Health Advocate app. Each completed activity is worth 10 points each. <ul style="list-style-type: none"> Whole Grains (3 servings daily) • Fruits & Veggies (5 servings or more daily) • Sleep (7 hrs or more daily) • Mood (Track daily) Stretching (10 minutes or more daily) • Steps (7500 steps or more daily) • Water (64oz or more daily) Stress Management (Perform 1 relaxing activity daily) • Limiting Social Media (Track daily) 	10 each

If you're interested in speaking with a Wellness Coach and/or a Nurse Coach, contact Health Advocate at 866.799.2731 to schedule.

For additional wellness opportunity details and program FAQs, visit the GHN website: Louisville.edu/gethealthynow



866.799.2731

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HealthAdvocate.com/UofL

Registration code: LOUISVILLE

Call • Email • Message • Live Chat



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