



LIVEWELL OU
The UNIVERSITY of OKLAHOMA

The University of Oklahoma employee well-being program

Our Mission: We are committed to nurturing the overall well-being 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.



*Pictured: (Right) Lindsay Mitchell Risley
Health & Wellness Manager and (Left) Kaylie Stogsdill
Wellness Specialist*

ABOUT LIVEWELL OU



- Program Year: January – November
 - *includes Dec. from previous calendar year*
- Encompasses 8 dimensions of wellness
- Team & individual challenges
- In-person & online workshops
- Portal & incentives

WELL-BEING RESOURCES FOR OU EMPLOYEES



OU HEALTH PHYSICIANS CORPORATE HEALTH AND WELLNESS

- [Provide on-campus biometric screenings](#)
- LiveWell OU members can use the full screenings as their annual physical/health screening requirement
- Screening includes:
 - InBody, bloodwork, and visit with a provider

Screenings are processed through insurance.

Contact:

chwbiometricsscreening@ouhealth.com



[Employee Assistance Program \(EAP\)](#)

Available to all employees + household members

- Counseling Services
 - 6 sessions per incident. No limit on incidents/year.
- Legal and Financial Consultation
- Work-Life Services
- Life Coaching
- Webinars (*recorded and live*)

OU Magellan member help line: [800-327-5043](tel:800-327-5043)

Magellan website:

<https://member.magellanhealthcare.com>



- [Health Resources](#)
 - MDLIVE Virtual Care
 - Lifestyle Management Programs
 - Healthy Pregnancies, Healthy Babies
- [Behavioral Health](#)
 - Ginger Behavioral Health Coaching
 - Coaching and Support for Autism
 - Talkspace digital mental health support
- [Healthy Rewards Program](#)
 - Active & Fit Fitness Membership
 - Fitness Device Discounts
 - Meal Delivery Program

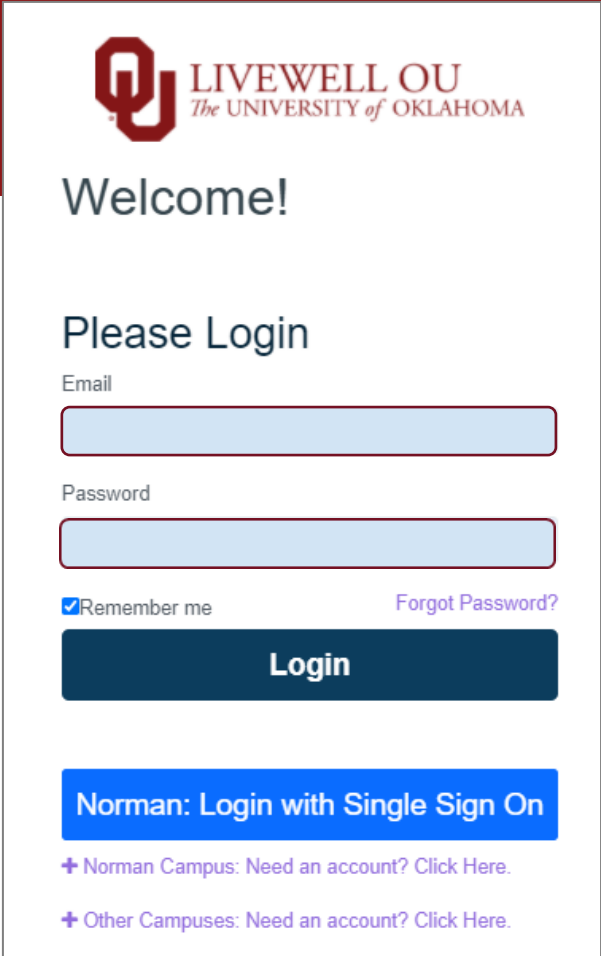
OU Cigna member help line: [800-870-3470](tel:800-870-3470)

Cigna website: <https://mycigna.com>

LIVEWELL OU PORTAL

- Go to: <http://LiveWellOU.com>
- **Step 1:** Create Your LiveWell OU Account
- **Step 2:** Enter in the LiveWell OU portal Pin: **2020**
- **Step 3:** Enter in your information and review the program guide under the 'Welcome' tab.

The LiveWell OU portal is compatible with computers, tablets, and smart phones.



The screenshot shows the LiveWell OU portal login interface. At the top left is the LiveWell OU logo, which consists of a red 'OU' monogram followed by the text 'LIVEWELL OU' and 'The UNIVERSITY of OKLAHOMA' in a smaller font. Below the logo, the word 'Welcome!' is displayed in a large, dark font. Underneath, the text 'Please Login' is shown. There are two input fields: 'Email' and 'Password', both with light blue borders. To the right of the 'Remember me' checkbox is a link for 'Forgot Password?'. A dark blue 'Login' button is positioned below the input fields. At the bottom of the form, there is a blue button labeled 'Norman: Login with Single Sign On'. Below this button are two links: '+ Norman Campus: Need an account? Click Here.' and '+ Other Campuses: Need an account? Click Here.'

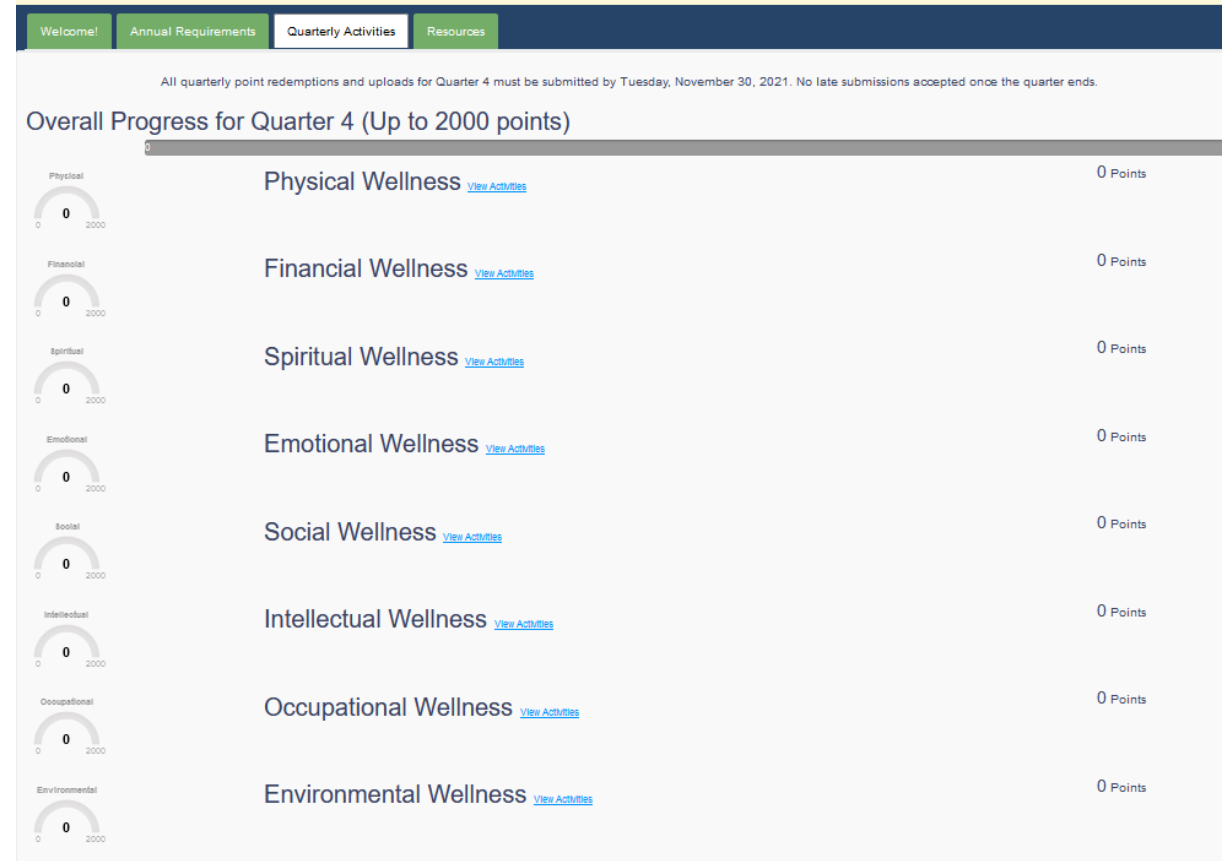
EARNING POINTS IN LIVEWELL OU

Log up to 2,000 points/quarter!

A few ways to earn points include:

- Book Clubs
- Cultural Enrichment Events (art museums, musicals, etc.)
- Daily Exercise, Sleep and Nutrition Points
- Preventative Exams (dental, cancer, health screenings)
- Professional Trainings
- Recycling
- Wellness Challenges
- And more!

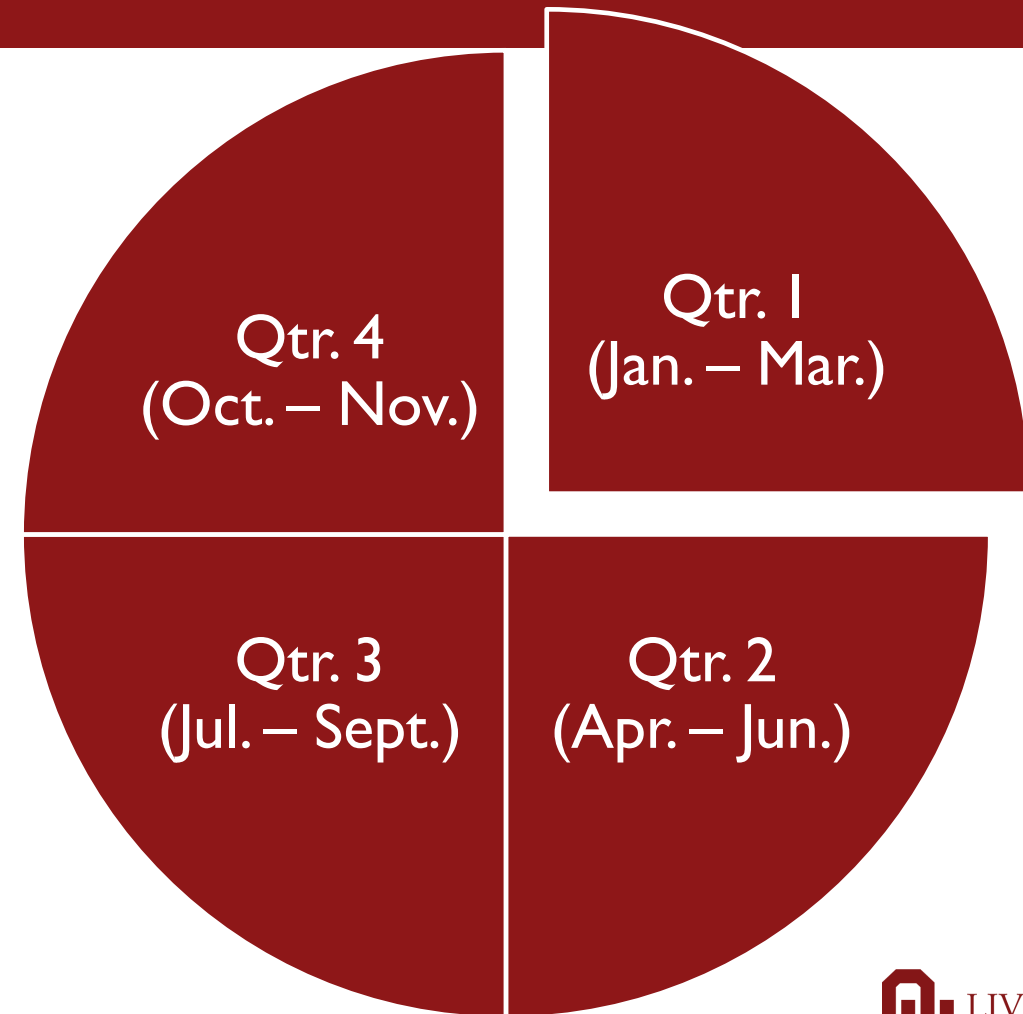
Earn points for doing things you enjoy and may already be doing!



LIVEWELL OU INCENTIVES

Quarterly Incentive Items

- Available to all full and part-time OU employees, and OU retirees.
- Log at least 1,500 points before the end of the quarter.
- A maximum of 2,000 points can be recorded each quarter.
 - *Note: Any points logged over 2,000 do not rollover into another quarter.*



LIVEWELL OU INCENTIVES

Annual Monetary Incentive

- Available to benefits-eligible OU employees.
 - Eligible for OU employee medical insurance.
 - Based on total points logged throughout the program year and completion of the two annual requirements.
 - **Requirement 1:** Annual physical/biometric screening
 - **Requirement 2:** *Complete 1 of 2 options from below.*
 - Work-life Health & Balance Assessment
- OR**
- LiveWell OU Program Overview Session

\$75 | 2,000 – 3,999 pts.

\$150 | 4,000 – 5,999 pts.

\$225 | 6,000 – 7,199 pts.

\$300 | 7,200 – 8,000 pts.

**Must be a current benefits-eligible employee of the University of Oklahoma (HSC/Tulsa/Norman) at time of payout in December. Monetary incentives are considered taxable income according to IRS rules.*

WHAT'S NEW FOR 2023

- Annual Requirements revised | Still two requirements but second requirement has two options for 2023
 - Program Overview sessions can now be used to complete 1 of the Annual Reqs
- Physical Activity Points | Increased to 10 pts/day for 30min of PA or 7,500 steps.
- Sign up for text alerts from LiveWell OU
- Updated descriptions for redemptions (varies on program)
- FitStart 2023 | Participants enter wellness goal for challenge instead of height, weight, and BMI.

TO DO

- Login/create LiveWell OU portal account
- Attend LiveWell OU Overview Session
- Join the FitStart Challenge
- Log Staff Senate meetings for points
 - *Occupational Wellness: Campus Gov. Groups*

PINK PANTHER'S TO DO LIST:

-TO DO

-TO DO

-TO DO, TO DO, TO DO,
TO DO, TO DOOOO...



VIA THEMETAPICTURE.COM

STAY IN TOUCH



wellness@ouhsc.edu
wellness@ou.edu

<https://hr.ou.edu/Wellness/LiveWellOU>



@LiveWellOU

YouTube Channel
LiveWell OU

