

CU Health Plan Wellness Program Eligibility

[Updated 12/03/20]

Wellness Program	General Focus	Eligibility	Cost to Participate
CU Move.	Physical wellness, staying active	If you are a primary member of a CU Health Plan, you are eligible for the Move program. Dependent spouses and children, including dependent spouses who are also employees of the University of Colorado and CU Medicine, are not eligible for Move.	No additional cost
Real Help Hotline	Mental and emotional wellness – for you, a loved one or friend	Eligibility: Free and completely confidential for all employees. The service is available to all CU and CU Med employees, their spouses and families, regardless of coverage under any of CU’s medical insurance plans.	No additional cost
Sleepio	Healthy sleep habits, mental health	Employees and dependents 18+ enrolled in any CU Health Plan administered by Anthem/CVS are eligible for Sleepio.	No additional cost
Foodsmart (formerly Zipongo)	Improved cooking and nutrition	Primary CU Health Plan members, and the primary member can add up to four household members to their account.	No additional cost
Naturally Slim - NS	Healthier eating habits, improved self-image and self-esteem	All CU Health Plan members (except those on the Medicare plan) are eligible for the program, spouses and dependents included. You will only be denied acceptance if you have a disqualifying medical condition (e.g., eating disorders, pregnancy, etc.).	No additional cost
Nutrition Discounts	Healthier eating and nutrition	CU and CU Med employees who are primary members of a CU Health Plan.	Discount and cost vary by service
Omada	reduce risk for obesity-related chronic diseases such as diabetes, hypertension and heart disease	Any CU Health Plan member who is over the age of 18 may apply for this program. Based on the information the member provides in the application, he or she may be invited to enroll. To qualify, applicants must be at risk for an obesity-related chronic illness.	No additional cost
Ovia Health	Family planning, pregnancy, parenting	CU – Ovia is available to CU Health Plan members. CU Medicine – Ovia is available to CU Health Plan members.	No additional cost



[Bending the cost curve: over \\$70M in CU Health Plan savings](#)

CU Health Plan Wellness Program Eligibility

[Updated 12/03/20]

Wellness Program	General Focus	Eligibility	Cost to Participate
Silver Sneakers	Fitness programs for retirees	Members of CU Health Plan – Medicare.	Discount and cost vary by Silver Sneaker benefit
Fitness Center Discounts	Discounts to a variety of fitness centers. <i>Please note, gym closures and COVID-19 restrictions vary by business and location.</i>	All employees at the University of Colorado (CU) and CU Medicine (CUMed) are eligible for discounts at a variety of gyms and fitness centers along the Front Range.	Discount and cost vary by fitness center and location
Biometric Screenings	Annual assessment of your whole-health. <i>Please note, 2020 biometric screenings were cancelled due to COVID-19.</i>	Primary CU Health Plan members and their covered spouses.	No additional cost
Flu Shot Clinics	Seasonal wellness against the flu. <i>Please note, 2020 flu shot clinics were cancelled due to COVID-19. For information and resources about where to receive a flu shot in your area, please click here.</i>	CU Health Plan members and non-members.	CU Health Plan members – Free Non-CU Health Plan member, you can still receive a shot for just \$26 and we will accept select insurance providers.