Integrating health and wellness for you and your family through programs to help you manage or prevent issues that impact your life.

Earn Rewards for Making Healthy Choices

To encourage you to invest in your health, the University offers eligible employees and dependents monetary incentives for completing certain activities such as biometric screenings and the Personal Health Assessment (PHA), and lifestyle and/or condition management programs—all of which are designed to help you lead healthier lives.

Eligibility requirements & other information available at: rochester.edu/well-u or 585-273-5240

University benefits information: rochester.edu/benefits or 585-275-2084
Make the Most of Your Benefits

YOUR Health Plans
Aetna
1-877-864-4583 | aetna.com
Excellus BlueCross BlueShield
1-800-659-2808 | excellusbcbs.com
Your health benefits play an important role in the health and well-being of your family. They are an essential piece of the dynamic that makes up your health and wellness benefits. Find the plan that benefits you with Alexi!
rochester.edu/benefits/video

Well-U Programs
585-273-5240
rochester.edu/well-u
Well-U offers on-site fitness classes and a self-defense series, Weight Watchers programs, a loyalty card program to reward healthy eating, live cooking demos, massage events, flu shots, lunch and learn presentations and many more choices for employees to lead happier, healthier lives.

URMC Employee Pharmacy
585-276-3900
urmc.rochester.edu/pharmacy/employees
The pharmacy is dedicated exclusively to University employees, retirees, and their families, and offers savings on prescriptions drugs, prescription drug counseling and delivery service to many off-site University locations.

Accountable Health Partners
1-888-457-7463
ahpnetwork.com
A provider panel of University of Rochester Medical Faculty Group providers and carefully selected community partners committed to delivering quality healthcare. Employees and covered dependents have access to coordinated care across providers and may see a savings if they choose AHP providers.

Lifestyle Management Programs*
585-530-2050
urwell.rochester.edu
The University offers lifestyle management programs and services to help you manage your health, including:
• tobacco cessation
• weight loss/maintenance
• blood pressure
• cholesterol
• stress management
• physical activity

Employee Assistance Program
585-475-0432
urmc.rochester.edu/EAP
Free assessment, short-term counseling and referral information are available to employees and their family members for problems such as:
• addictions
• anxiety & depression
• domestic violence
• grief & bereavement
• family, marriage & relationship issues
• legal & financial issues
• stress-related illness

Behavioral Health Partners
585-276-6900
bhp.urmc.edu
Behavioral Health Partners is a unique mental health resource offering medication consultation and management, as well as individual counseling for:
• stress
• anxiety
• depression
• diabetes
• heart disease
• high blood pressure
• high cholesterol
• low back pain
• stroke

Condition Management Programs
585-275-6810
urwell.rochester.edu
The University offers biometric screenings, the Personal Health Assessment (PHA) and condition management programs for those who live with the following conditions:
• asthma
• chronic obstructive pulmonary disease (COPD)
• congestive heart failure
• coronary artery disease

YOUR Health Plans

Well-U Programs

URMC Employee Pharmacy

Accountable Health Partners

Lifestyle Management Programs*

Employee Assistance Program

Behavioral Health Partners

Condition Management Programs*

*Biometric Screenings, PHA, Lifestyle Management Programs, Condition Management Programs, and Behavioral Health Partners are part of the University Health Care Plans.

The University reserves the right to modify, amend or terminate the Plans at any time, including actions that may affect coverage, cost-sharing or covered benefits, as well as benefits that are provided to current and future retirees. This documents provides only a summary of the main features of the plans. Detailed information on the benefit plans is available on the Benefits website www.rochester.edu/benefits. A paper copy of this information is available for free from the Benefits Office. Notice of Medical Plan Grandfather Status Under the Patient Protection and Affordable Care Act: As of January 1, 2013, the University’s Health Plans will no longer retain its Grandfathered status under the Patient Protection and Affordable Care Act.