

# 2025 UG Road to Wellness Program

Program Start: January 1, 2025  
Program End: December 15, 2025

## The UG Wellness Program has undergone some exciting new updates!

Full-time and part-time employees enrolled in the medical plan continue to be eligible to **earn up to \$600** for participation in the Unified Government's wellness program, with continued focus on our four Well-Being themes. All 2025 rewards will be distributed on your paycheck in January 2026, unless you elected during the 2025 Open Enrollment period to have your rewards deposited pre-tax into your HSA.

Complete the 2-Steps to receive the full incentive reward, with minimum points needed with each step. You can complete the steps in any order, but you **MUST** complete all activities in "Step 1" to be eligible for additional rewards.

### Step One: Core Activities

Complete all three activities below to earn 100 points (\$100):

Health Risk Assessment

Biometric Screening or Verified Labs

Identify a Primary Care Provider

**The core activities must all be completed to be eligible for additional rewards.**

### Step Two: Quarterly Pillars of Well-being Activities

Participate in quarterly well-being activities to accumulate 125 points per quarter and receive \$125 for each quarter that you reach 125 points. (\$125 per quarter/\$500 max).

Have a question? Contact YOUR Care Team at the UG Road to Wellness Health Center at 913-573-WELL (9355) or [patient@marathon.health](mailto:patient@marathon.health).

## Get started today!

1. Log into your Marathon Health member portal by visiting [my.marathon.health](https://my.marathon.health)
2. Click on the **"Incentives"** tab on your homepage.
3. View details and track your progress!



Schedule your appointment  
[my.marathon.health](https://my.marathon.health)



**Quarters are defined as follows:**

Quarter 1: January 1 - March 31

Quarter 2: April 1 - June 30

Quarter 3: July 1 - September 30

Quarter 4: October 1 - December 15

Step One: Core Activities (100 Points)	Points
Health Risk Assessment	100 points
Biometric Screening or Verified Labs	
Identify a Primary Care Provider During Your Biometric Screening	
Step Two: Pillars of Well-being Activities (Up to 125 Per Quarter/500 Total)	Points
<b>Physical Activities (50 Points/Quarter)</b>	
Wellness Workshops	25 points each
Health Coaching Visit	25 points quarterly
Fill a Prescription at the Road to Wellness Pharmacy Pharmacy	25 points
Annual Physical	25 points
Preventive Care Screening or Vaccine	25 points quarterly
Educational Sessions	25 points each
Challenges	25 points each
<b>Community Activities (50 Points/Quarter)</b>	
Well-Being - Community	25 points quarterly
Community Well-Being Activity	25 points quarterly
<b>Financial Activities (50 Points/Quarter)</b>	
Wellness Workshop - Financial Wellness	25 points
Well-Being Classes - Financial	25 points quarterly
<b>Emotional Activities (50 Points/Quarter)</b>	
Behavioral Health Appointment	25 points quarterly
Wellness Workshop - Stress Management	25 points
Well-Being Classes - Emotional	25 points quarterly
Educational Sessions	25 points each



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