



UNIVERSITY OF  
CENTRAL  
ARKANSAS™

UCA  
BeWell

## Welcome to UCA BeWell

BeWell is UCA's employee well-being and health promotion program. All faculty and staff members enjoy cost-free access to a comprehensive suite of health-promoting programming and resources to support all dimensions of work-life wellness. Additionally, benefits-eligible employees and retirees enrolled in UCA's health insurance can complete activities to qualify for a discount on health insurance premiums and earn BearBucks. Below are the steps to get started within our program. If you have any questions or concerns please contact Madeline Kimbrell, at [ucabewell@uca.edu](mailto:ucabewell@uca.edu) or 501.450.3239.

### Step 1: Create your HealthCheck360 account.

HealthCheck360 is the app you will use to review your biometric screening results, complete your Health Risk Assessment Survey, log your healthy habits and activities, participate in wellness challenges and schedule health coaching. As a first-time user you must create your account following these steps:

1. Visit: [myhealthcheck360.com](https://myhealthcheck360.com) and click "Create a new account."
2. Enter your legal first and last name, date of birth, assigned sex, UCA email address, height, and your preferred username.
3. **Company code is UCARK.**
4. **Unique identifier is the last 4 digits of your UCA employee ID number (not your social).**
5. Choose a password.
6. Read the terms and conditions. If you agree, check the box next to "I agree with the terms and conditions," then click "Sign Up."

### Step 2: Complete your Biometric Screening.

Biometric Screening can be done through the student health center or through your primary care physician. If you choose to use the student health center, you can

[schedule your appointment online](#) or by calling (501) 450-3136. You can watch this [BeWell Webinar](#) on what to expect during this appointment, or check out <https://uca.edu/bewell/healthscore/>. If you are using your PCP for the biometric screening, please take [this form](#) with you to ensure all appropriate screenings are performed. This must be completed and submitted to healthcheck 360 by October 31,2024.

### Step 3: Complete your Health Risk Assessment Survey.

Around 5-10 business days after you complete your biometric screening you will receive an email from HealthCheck360 that your health risk assessment survey is ready to complete. This survey will only take you about 5-10 minutes to complete. Once you finish the survey, your biometric screening score will be available, and you will have met the qualifications for the insurance discount. This must be completed by October 31,2024.

### Step 4: Earn Rewards

HealthCheck360 offers lifestyle reward points through logging healthy habits and activities within the app. These rewards points can turn into BearBucks that will be awarded in early December. BearBucks are taxed as income on your paycheck per IRS regulations, but if you prefer to opt out of receiving them you must notify BeWell by November 15th. All eligible activities are included in the [2024-2024 UCA BeWell Program Guide](#). UCA Retiree's are not eligible to participate in BearBucks.

- 150 points = \$50 in BearBucks
- 200 points = \$75 in BearBucks
- 250 points = \$100 in BearBucks

### Step 5: Work towards improving your health

Review all that HealthCheck360 offers such as webinars, health coaching, and quarterly wellness challenges. BeWell also offers some condition management courses such as weight management, and diabetes. If you are interested, join a challenge or find a program that would work for you and see what you can do to improve your overall health.

If you have any questions or concerns please feel free to reach out to our wellness coordinator, Madeline Kimbrell, at [ucabewell@uca.edu](mailto:ucabewell@uca.edu) or at (501) 450-3239.