



Get Healthy Now Wellness Center Implementation of Membership Fee – Q & A

Q. Why is this fee being implemented?

A: The membership fee is being implemented to support the sustainability of the employee-based wellness center. As the University of Louisville navigates an extreme budget shortfall, many departments and units have come up with a variety of creative solutions to stay afloat without making staff or programmatic cuts. [Get Healthy Now](#) is no different. To offset the fee-based membership, GHN is opening up all the activity classes, including “specialty classes” (yoga, Pilates, etc.) to wellness center participants as part of the membership package.

Q. Who does this fee impact?

A: Employees (faculty and staff) who are current members of the [GHN Wellness Center](#), or intend to become a member in the future, and pre 65 retirees. All other membership categories already pay a monthly fee to be a member.

Q. What does this fee mean to the current fee-based members?

A: Current fee-based members do not need to make any adjustments. Membership status and all services will continue at the current rate. Specialty classes and activity classes are now covered under your current membership rate.

Q. Does this fee impact my Get Healthy Now \$40 monthly premium incentive?

A: No, the Get Healthy Now \$40 monthly premium incentive applies to employees who opt into UofL’s medical plan and complete the on-line health assessment. The GHN Wellness Center is a separate entity from the population health management program that is aligned to UofL health and medical benefits.

Q. When does the fee go into effect?

A: Immediately. However, current non-fee based members will have until the end of the 2017 calendar year to renew their membership; as well, the \$10 new membership enrollment fee will be waived through this time period.

Q. Can the employee membership fee be processed through automatic payroll deduction?

A: Yes. The GHN Wellness Center staff are ready to assist members who are interested in this option.

Q. Who can I contact with questions/support in making this transition?

A: GHN employees are ready to assist current members with this transition and have also been registering new employees on-site. Contact and support resources:

- GHN Wellness Center at Humana Gym
601 President's Blvd., Louisville, KY 40217
852-7755
- GHN Service Account: ghn@louisville.edu
- Patricia Benson, AVP Health, Wellness and Disease Management
Direct line 852-1907 or e-mail: patricia.benson@louisville.edu

Q. What else do I need to know?

A: Current employee members have until the end of the calendar year to transition their membership, but doing so prior to Jan. 1, 2018, can earn them an incentive. Incentives, such as pedometers, heart rate monitors, work-out shoes, massages, t-shirts, an Apple watch, and a bike, are a few of the items that an employee may earn on a weekly basis by making the transition prior to the end of 2017. These incentives are courtesy of GHN sponsors Scheller's Fitness and Cycling and Health Fitness Corp.

Cost covers comprehensive offerings: For example, for the \$15/month fee, GHN Wellness Center offers a plethora of wellness resources such as one-on-one on-site health coaching, health screenings, fitness evaluations with individualized plans, professional and certified staff, including a nurse and nurse practitioner, and more!

Q. Are there resources/support for employees to turn to if they cannot afford the monthly fee?

A: Incentives – such as a lower rate for those who visit the wellness center more frequently are currently being explored. Also, the GHN Wellness Center Advisory Committee is seeking sponsorship opportunities for membership assistance.