



## Welcome to the University of Findlay!

**OilerWELL** is a UF sponsored Wellness Program for employees and their spouses (who are covered by the University of Findlay health plan). Our mission is to increase participant's awareness of their health status, educate them on healthy practices and help them make changes to improve their lives.

In order to be eligible for **OilerWELL**—you must call the Cosiano Health Center (#4550) to make your appointment within 30 days of your hire date.

### General Information

**Eligibility:** All non-tobacco using employees and their spouses of The University of Findlay currently enrolled in the University's health plan are eligible to participate in the **OilerWELL** wellness program.

- Enrollment is available during the first month of eligibility and annually in November during **OilerWELL** annual assessments.
- Enrollment in the plan is voluntary and includes agreement to participate in the preventative care guidelines (found on page 2)

**Enrollment:** Enrollment includes providing a health history, biometric measurements, blood tests, and an online health risk assessment.

**Benefit:** Employees and Spouses who choose to participate in OilerWELL will receive a \$25 Health Saver monthly discount on their insurance premiums.

Choosing to focus on wellness will result in improved health for participants and a cost saving to the University. This cost saving is then shared with **OilerWELL** participants through Health Saver discount.

Maintaining enrollment requires compliance with current published preventative care guidelines:

1. **All Enrollees: One Adult dose Tdap then Td booster every 10 years**
2. **All Enrollees: Non-Smoking**
3. **All Women age 50 and over:**
  - **Screening colonoscopy (our staff can assist with scheduling this appointment)**
4. **All Women age 40 and over:**
  - **Annual mammogram**
5. **All Women age 21 and over:**
  - **Annual exam with screening PAP (as directed by your physician)**
6. **All Men age 50 and over:**
  - **Screening colonoscopy (our staff can assist with scheduling this appointment)**
  - **Annual physical exam including prostate health discussion (as directed by your physician).**

For your initial **OilerWELL** assessment visit (and every year following), you will need to provide the dates of the above preventative care guidelines.

The Cosiano Health Center is here to provide wellness support to you and your spouse. We encourage all participants of **OilerWELL** to share any and all results from the program with their physician. If we can assist participants in maintaining or improving their health status, please contact us at the health center (419)434-4550 or email: [Cosiano@findlay.edu](mailto:Cosiano@findlay.edu).

