

ROAR FOR WELLNESS

2025-2026



Healthy
UNA 

A rewards program for full-time faculty and staff of the University of North Alabama.

The official wellness portal for Roar for Wellness is through the US Health Center. The wellness portal contains your health dashboard (PHD) to track and store your wellness data. The PHD is available to you 24 hours a day and is accessed by your username and password.

How to Log on to your Personal Health Dashboard (PHD)

New Users

Log on to: <https://una.ushealthcenter.com>

- Select **Activate by Email** > Enter your work email > Click **Submit**
- You will receive an activation email (check your junk mail if not in your inbox) with a code and an activation link. Follow the prompts to create your password > **Activate Account**.
- You will be provided with your username (first initial last name + last four of your L number (jdoe1234)
- Click **Login** > Use this username and the password you just created > **Login Congratulations! Your account is now created.**

Return Users and Future Logins

Log-on to <https://una.ushealthcenter.com>

- Provide your username and the password you created
- Username: first initial of first name + entire last name + last 4 social (all lowercase)
- Password: use what you created

For technical support or password assistance contact US HealthCenter toll-free at 877-322-7398 ext 2 (M-F 8 am – 5 pm CT) or help@ushealthcenterinc.com

Core Components	Description
1) Biometric Screening Pre-Screening (Registration required) September 15,16,18 1000 points	<p>The screening components include a glucose and lipid panel as well as measurements for height, weight, blood pressure, heart rate, and self-reported tobacco use.</p> <p>UNA Biometric Screening</p> <ul style="list-style-type: none"> • September 15,16,18 in the Main Campus: GUC Banquet Halls; September 23 at East Campus • Register at una.edu/wellness > Roar for Wellness Current Enrollees • A 12-hour fast is required before your screening. You may drink water but no other food or drink, please
2) Online Health Risk Assessment Pre-Assessment September 15 – December 22 1000 points	<p>Complete the online HRA AFTER your lab results are in the system. This year, there will be HRA Kiosks available during the biometric screening event for completion on-site. Completing the HRA takes about 15 minutes. The Health Risk Assessment is an online questionnaire that will assess your physical/emotional health, stress, exercise, eating habits, alcohol use, safety, readiness to change, preventive health care, medical history, cardiac risks, and cancer warning signs. To Complete the HRA</p> <ul style="list-style-type: none"> • After your lab results are in, log on to the PHD between September 15 – December 22 > Click on Assessment > Health Risk Assessment. <ul style="list-style-type: none"> • There will be a kiosk at the screening event for those who are able to complete it on-site. • Complete all 8 sections until you receive a “Congratulations” message. Once you have completed your assessment, you will be able to view all your results online. To print your personalized report, click on Medical Records > Health Assessment Report

3) HRA Review Coaching Call

September through
December

750 points

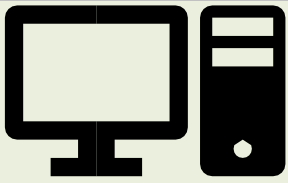
This is a confidential 20-minute telephonic appointment to review your screening and HRA results with a licensed healthcare professional and/or certified health coach.

To Register for Your Appointment

- Log on to www.ushealthcenter.com > Click on **Health Counts** > Select **HRA Review Registration** > Choose a date and click **Sign Up** > Under **Time Slot** click the drop-down menu and select your **desired time and enter a phone number**

Activities	Description
Educational Sessions “Wellness Wednesdays” 50 points per session	Completion is tracked via an event registration form managed by Healthy UNA. See the schedule on page 10 of the guide.
Minutes Activity Tracker June 2 – April 5 25 to 50 points	Achieve your physical activity minutes goal by getting a specific number of physical activity minutes per week (Monday through Sunday). This will require tracking via the USHC portal. Refer to the USHC section of the Roar for Wellness Participant tab at una.edu/wellness for more information on syncing your device. <ul style="list-style-type: none">25 points earned each week you get 150 – 199 minutes of exercise50 points earned each week you get 200 or more minutes of exercise
Important Note for Tracking Walking as Exercise	Walking for exercise should be tracked via steps <u>OR</u> minutes. It should not be tracked both ways. Please decide how you will track walking and use one method only.
Step Tracker June 2 – April 5 25 to 50 points	Achieve your step goal by getting a specific number of steps per week (Monday through Sunday). This will require tracking via the USHC portal. Attend the USHC session for more information. <ul style="list-style-type: none">25 points earned each week you get 50,000 to 69,999 steps50 points earned each week you get 70,000 or more steps
Self-Care Tracker June 2 – April 5 25 to 50 points	Each week (Monday through Sunday), track your self-care activities using the self-care tracker on your PHD. Click on Health Tracker > Self-Care > Select an activity > Date will default unless you change it > Enter the duration (optional) > Click Save > Your entry will save in the bottom table. <ul style="list-style-type: none">25 points earned each week you make 2-4 entries50 points earned each week you make 5 or more entries
Annual Preventive Care Form Due March 31 (schedule your appointments today!) 250 points	Have the Annual Preventive Care form signed by your physician or primary care provider demonstrating that you have completed your annual physical between April 1, 2025, to March 31, 2026, and are current with your age/gender-appropriate screenings. <ul style="list-style-type: none">Submit the completed affidavit form by March 31, 2026, via fax: 262-236-4082 or upload it to your PHD.You can access the form by logging in to your PHD > Click on the Health Counts tab > Download the Annual Preventive Care Affidavit from the Customer Documents section <p>The preventive care form is considered a self-care activity and is a part of the criteria used to be eligible for the Self-Care Champion Award!</p>

Roar Partner October 1 – April 5 500 points	<p>Having support and someone you are accountable to can make all the difference in being successful in living a healthy lifestyle. This year, Healthy UNA will assign partners based on your request and the completion of a questionnaire. More details to follow. The last date to record March entry is April 5, 2025. NOTE: Your Roar Partner must be the same person throughout the program to be eligible for the Roar Partner Award with both partners officially enrolled in the 2025- 2026 program.</p>
Fitness Classes June 3, 2025 – April 5, 2026 50 participation points*	<p>30-MIN WORKOUT CLASSES: Please see fitness schedule on Page 9. *NOTE: When attending faculty/staff fitness classes, you receive participation points for attending plus the number of minutes you record in the “Minutes Activity Tracker.” If both you and your Roar Partner attend together, then double the participation points!</p>
Maintain Don’t Gain Challenge November - January 500 points	<ul style="list-style-type: none"> Program materials with details will be released separately from USHC. <ul style="list-style-type: none"> Weigh-ins: November 17-21 Weigh-outs: January 12-14
Mental Health Challenge February 2 - 28 500 points	<ul style="list-style-type: none"> Program materials with details will be released separately from USHC.
Health Coaching 500 points per session	<p>After completion of the HRA Review, participants are eligible for up to two additional coaching sessions. The Health Coach is a certified health coach, RN, or licensed health professional able to interpret results, assist with referrals, and facilitate the development of goals. The information discussed with the coach is confidential. You will have the opportunity to work on lifestyle or disease management goals that are important to you.</p> <ul style="list-style-type: none"> Schedule sessions during your HRA Review or by contacting US HealthCenter at 877-3227398 ext 2 or help@ushealthcenterinc.com
Flu Shot COVID-19 Vaccine 75 points each	<p>Flu shots and COVID-19 vaccine are available through Health Services. Schedule here: https://www.una.edu/healthservices/</p> <ul style="list-style-type: none"> Self-report your flu shot completion on your PHD by selecting Health Counts > Healthy UNA Activities > “I completed a flu shot during the fall of 2025/26” > Record If you have received your full dose of the COVID-19 vaccine and booster, Self-report your completion on your PHD by selecting Health Counts > Healthy UNA Activities > “I completed my COVID-19 vaccine” > Record
Biometric Points You are eligible for these points once per academic program year 65 to 100 points	<p>You will receive a WellCentive score (viewable on your PHD) that is based on the results of your biometric screening. You will receive points as follows for results in the categories below:</p> <p>WellCentive Score % Excellent (92-100 %) = 100 points Good (75-91.9 %) = 80 points Fair (65 – 74.9 %) = 65 points</p>



Resources available anytime on your Personal Health Dashboard:

- ✓ Health Activity Trackers
- ✓ Medical and video library
- ✓ Health records and journals
- ✓ Risk resolution guidelines
- ✓ Road to Wellness self-paced tutorials

Mobile App Available: Download the mobile app from the Google Play (Search Personal Health Dashboard)

App Store or

Questions?

For technical support or password assistance contact US HealthCenter toll-free at 877-322-7398 ext 2 (M-F 8 am – 5 pm CST) or help@ushealthcenterinc.com.

For wellness questions unrelated to USHC, contact Healthy UNA at 256-765-4738 or email wellness@una.edu.

Award Categories	Description
1 st Place	Most amount of total points earned throughout the program academic year.
2 nd Place	Second highest amount of total points earned throughout the program academic year.
3 rd Place	Third highest amount of total points earned throughout the program academic year.
Wellness Champion	This category recognizes the top male and female participants who have earned the most amount of self-care activity points. Recipients of this award must have completed their Annual Preventive Care form as indicated on page 2 of the program details. Self-care activities are tracked using the self-care tracker weekly.
Roar Partners	Best pair of accountability partners based on feedback provided to Healthy UNA and monthly self-report activity. NOTE: Your Roar Partner must be the same person throughout the program to be eligible for the Roar Partner Award with both partners officially enrolled in the 2025- 2026 program.
Most Improved	Most improved WellCentive score using the pre and post-biometric health screening comparison. The WellCentive score is calculated by USHC.
Workout Warrior	Most amount of workout minutes are tracked throughout the program. This applies to a variety of workouts of your choice.
Lion on the Move	Most steps are tracked throughout the program. Participants must decide to track steps or minutes for exercise and not track both.
Mental Health Champion	**NEW** This is a new category which recognizes the participant who achieves the highest amount of points through completing a combination of a mental health campaigns that will take place throughout the academic year. More details to follow.
Wellness Wednesday Wizard	**NEW** This is a new category created by Listerhill Credit Union. The Wellness Wednesday Wizard award recognizes the RFW Member who attends the most amount of Wellness Wednesday session throughout the academic year. In the event of a tie, the individual attending the most amount of in-person sessions only will prevail.

***RFW members are eligible for one activity award category only for Workout Warrior, Lion on the Move, Mental Health**



Champion and Self-Care Champion. Total Points categories (1st, 2nd, and 3rd place) will be weighted to reflect overall participation and engagement throughout the year in Roar for Wellness.



Wellness Wednesdays

Day & Time	Location	Topic	Speaker
January 21, 2026 12:00 PM- 1:00 PM	SGA Chambers	Bone Health	Mr. Craig Witt
January 28, 2026 12:00 PM- 1:00 PM	GUC 200	Benefits of Yoga on Mental Well-Being	Ms. Racheal Harris
February 4, 2026 12:00 PM- 1:00 PM	SGA Chambers	New Year, New Debt Free You	Ms. Sarah Evans
February 11, 2026 12:00 PM- 1:00 PM	Connie D. McKinney Center	Heart-Healthy Cooking Demonstration	Dr. Lee Renfroe
February 18, 2026 12:00 PM- 1:00 PM	GUC Performance Center	BDNF & Dance	Mr. Craig Witt & Ms. Natalie Dick
February 25, 2026 12:00 PM- 1:00PM	SGA Chambers	Clear Space, Better Headspace	Ms. Celeste Coffman
March 4, 2026 12:00 PM- 1:00 PM	SGA Chambers	Employee Assistance Program	Ms. Becky Price
March 11, 2026 12:00 PM- 1:00 PM	SGA Chambers	Stress Less, Breathe More	Mr. Craig Witt & Ms. Laci Lake
April 1, 2026 12:00 PM- 1:00 PM	SGA Chambers	Crochet for Mindfulness	Ms. Ida Middendorf

All sessions require registration with both an in-person and virtual option unless otherwise specified. Sessions are recorded and uploaded to the Healthy UNA website and YouTube channel. Visit our website at <https://www.una.edu/wellness/wellness-wednesday/index.html> for registration details.



Roar for Wellness

Spring 2026 Activity Schedule

Date	Location	Event
November 1- April 1		Roar Partners
January 12-14	Human Performance Lab	Maintain Don't Gain Weigh Outs
January 21- April 1	*Check WW schedule for specific dates, times & locations*	Wellness Wednesdays
February 2- 28		Mental Health Spring Challenge
March 16 & 17	GUC Banquet Halls	Biometric Health Screenings
May 1	GUC Banquet Hall A	Roar for Wellness Awards Celebration

***More information to come- be sure to continuously check the Roar for Wellness 2025-2026 email group. If you are FULL-TIME faculty/staff and would like to be apart of the group, please complete our registration form at the link below:**

https://una.co1.qualtrics.com/jfe/form/SV_4SYNV953piMhwZU

For more information, please visit the link below and click the "Healthy UNA Campus Groups" tab to register for events

<https://www.una.edu/wellness/roar-for-wellness/current-enrollees.html>

Campus Fitness Facilities

Rec Center Amenities: Located in the building next to the parking deck, facing Pine Street. You can access it through the fourth floor of the parking deck. Click here for the complete schedule: <https://www.una.edu/recsports/>

- ❖ A gymnasium facility including three multi-purpose courts and a walking/jogging track
- ❖ A fitness center with workout areas dedicated to cardio machines and free weights
- ❖ An aerobic center that offers a variety of fitness classes; see schedule on the next page
- ❖ Locker rooms with full-sized lockers and showers (bring your own lock)
- ❖ Access to the Outdoor Adventure Center (OAC), which offers various outdoor activities for the fall and spring semester
- ❖ Additional amenities available to RFW participants that require a fee are personal training, OAC adventure outings, and intramural sports
- ❖ Check in at the UNA Rec Information Desk and present your **Mane Card** for entry

Wellness Center Amenities: Located upstairs in Flowers Hall across from the Pierce Hospitality suite.

- ❖ Equipment for aerobic exercise, such as treadmills, ellipticals, and bikes
- ❖ Equipment for resistance training, including free weights and machines
- ❖ Equipped with televisions, fans, and sanitizing stations
- ❖ Available for faculty and staff
- ❖ Mane card access is required for entry
- ❖ <https://www.una.edu/wellness/health-library/gyms-on-campus.html>



Spring 2026 Fitness Classes

Day & Time	Location	Class	Instructor
Mondays @ 12:00 PM- 12:30 PM	SRC Aerobics Studio	Barre	Ms. Racheal Harris
Tuesdays & Thursdays @ 12:30 PM- 1:00 PM	SRC Aerobics Studio	Lunch & Lift	Mr. Craig Witt & Mr. Demetrius Witt
Fridays @ 12:00 PM- 12:30 PM	SRC Aerobics Studio	Beginner Spin	Ms. Anna Bingham
Fridays @ 12:00 PM- 12:30 PM	East Campus (Facilities & Maintenance Building- Training Room 108)	Resistance Training with Bands	Mr. German Roca

These classes have been added to the UNA Recreation Center schedule for RFW participants. The classes are taught by Healthy UNA and/or faculty/staff members. The classes are designed to get a quick workout during lunch so you can take care of the rest of your day. Refer to the wellness website at una.edu/wellness for additional updates.

Class Descriptions:

Barre- 30-minute dynamic and energizing workout that combines the use of ballet barre, resistance bands, light weights, and other equipment to provide a full body stretch and strength workout. This class focuses on form and precision, emphasizing basic alignment, coordination, and muscular endurance. No dancing background is required. Barre is designed to be fun and engaging, with modifications available to suit individual comfort levels and goals.

Lunch & Lift- 30-minute resistance training workout. Burn calories, engage your core, and build muscle through a multitude of core and strength exercises. All fitness levels are welcome!

Beginner Spin- Perfect for those new to indoor cycling, this class builds cardiovascular fitness through guided instruction, varied resistance levels, and a mix of gentle hills and flats. Ride at your own pace, challenge yourself when you're ready, and enjoy a supportive, beginner-friendly class.

Resistance Training with Bands- Suitable for all fitness levels, this class uses a variety of resistance band exercises to build strength, improve mobility, and enhance balance. It challenges your body in a safe, low-impact way while targeting multiple different muscle groups.

Contact Us

Phone: 256.765.4738

Email: wellness@una.edu

Website: una.edu/wellness

Jackie Allen: Director of Wellness

Abby Byford: Wellness Coordinator

Craig Witt: Wellness Graduate Assistant

Natalie Dick: Wellness Graduate Assistant

Follow us on social media!



HEALTHYUNA

