



## INDIANA STATE WELLNESS 2022

### WELLNESS PROGRAM GOAL

Indiana State is committed to helping you on your journey to better health. By completing the required activities, you will have the opportunity to earn your wellness discount and become healthier along the way!

### WELLNESS INCENTIVE INFORMATION

Employees and spouses covered under the University health plan, who participate in the Wellness Screenings and complete the Tobacco Certification, will earn discounts, and avoid tobacco surcharges on monthly premiums during 2023.

### FOR EASY REGISTRATION

- Go to [Unionhealth.gofitlyfe.com](http://Unionhealth.gofitlyfe.com) and click on **CREATE NEW ACCOUNT**
- Your Union Health ID is: ISU + University ID#  
Ex: ISU + 991 or 992 numbers.
- If using your mobile device, point your camera at the QR code pictured at the bottom of this flyer.
- Touch on “[gofitlyfe.com](http://gofitlyfe.com)” and the registration page appears.
- Enter the code **unionhealth**
- If using your App store, the name is “**Health2go**”
- Follow the steps to register
- You are all set!



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### INDIANA STATE MESSAGE

Welcome to the 2022 Indiana State Wellness Program. We have a new wellness portal for 2022! We hope you enjoy the new features and wellness opportunities available to you!

