



360°



Covering every degree of your resource needs

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University Physicians' Association, Inc.

Volume 4, Issue 3 March 2016



Great news!
HumanaVitality has updated their app so that team members utilizing the UPA Cedar Bluff and the UT Hospital Fitness Centers can now earn Vitality points while it syncs directly through the HumanaVitality app and Beacon technology.

See attached flyer with the instructions on how to sync the beacon to your smartphone. If you do not receive a notification to check in when you are in the Fitness Centers, please go into the HumanaVitality app and check your settings to make sure the Beacon Check-in function is on.

Please note that if you had originally downloaded the Gym Farm Vitality app to earn your points at the Fitness Center, you must delete that app as it may interfere with the new process.



Payroll Services

Upcoming Pay Date

March 11

March 25

April 8



UPA Corporate

140 Team Members

18 Client Locations

209 Team Members

57 UHS Practices

482 Team Members

UPA Offers Free Biometric Screenings

All team members who are currently enrolled in the Humana Medical plan qualify for free biometric screenings. These screenings will be processed through Humana so you will receive points through HumanaVitality. **Please note that you must fast 8 hours prior to having your screening.**

Cedar Bluff Location – Screening will be held in the West Wing on March 22nd starting at 7:30am. Schedule your appointment time through Insite by [clicking here](#) to access the Calendar of Events and then select UPA Biometric Screenings on the date you wish to schedule your appointment.

UT Hospital Location – Screenings will be held in Building B, Suite 320 on March 9th & 10th and April 7th starting at 7:30. Schedule your appointment time through Insite by [clicking here](#) to access the Calendar of Events and then select UPA Biometric Screenings on the date you wish to schedule your appointment.

All other locations, a UHS representative will be onsite to administer the screenings between 7:30 and 8:00am on the date assigned to your department. Your supervisor will have your exact date for your location.

Any team member who cannot make the screening at your location can also go to a Walgreens Healthcare Clinic, Kroger MinuteClinic, or your PCP location. If you go to one of these locations, you will need a voucher for the visit. You can find these vouchers on the HumanaVitality website.

Check in at the gym. Check out with rewards.

It's no sweat. If you're a HumanaVitality® member, download the HumanaVitality App to your smartphone and enable "**Beacon check-in.**" You'll get credit for your workouts* and your Vitality Points™ will update within 24-48 hours.



When your fitness facility uses Beacon technology, it's fast and simple.

For iPhone – Go to the menu on the App and select "**More,**" then "**Settings.**" Choose "**Beacon check-in,**" and ensure it is turned on.

For Android – Go to your dashboard on the App. Tap the universal menu button for Android and select "**Settings.**" Choose "**Beacon check-in,**" and ensure it is turned on.

That's it! As long as Bluetooth is on, you'll be able to wirelessly check in to your participating fitness center for future visits. Getting rewarded has never been easier!

For more information, visit **HumanaVitality.com** and locate your facility via the HumanaVitality gym locator.

*Visiting a partner fitness facility is considered a verified workout. You can only earn a maximum of 15 Vitality Points per calendar day for any verified workout.



Humana Vitality

HumanaVitality is not an insurance product. Not available with all Humana health plans.