



THE UNIVERSITY OF
TOLEDO

Rocket Health

University Wellness FAQ

Faculty and Staff

What is Rocket Health?

Rocket Health is the new University campus health services model designed to provide students, faculty and staff with comprehensive and integrated health and wellness services. This new model, centralizes all campus clinical, mental health/counseling and wellness services to ensure coordination and adequate support for all members of the campus community.

What is University Wellness?

University Wellness is part of Rocket Health and is dedicated to providing wellness programs and resources for faculty, staff and students. The employee wellness program, formerly known as Healthy U, is now part of University Wellness and the name Healthy U will be retired.

How do I enroll in wellness programs?

One of the enhancements as part of Rocket Health is the wellness programs are now available to all faculty and staff. Enrollment isn't necessary, as all employees are automatically included and eligible to participate in programs.

Do I need to be enrolled in an UToledo medical insurance plan to participate?

No. All employees, regardless of their benefit selection or status, are welcome to participate in University Wellness programs.

Is there a fee to participate in the programs?

The programs offered through University Wellness are designed to be free of charge to faculty and staff. If there is a minimal charge, it will be indicated in the program description.

What kind of programs does University Wellness offer?

A wide variety of health and wellness programs are offered through University Wellness, including online health challenges and healthy lifestyle education seminars, to name a few. The programs are free to all UToledo employees and designed to improve your well-being long term.

How do I know what programs you offer?

The best way is to sign up for our [email newsletter](#). Additionally, you can visit our [University Wellness website](#) for programs, resources and updates.

Is there an incentive to participate in wellness programs?

Participants can earn incentives by visiting their primary care provider for an annual physical, completing the online Health Risk Assessment and participating in programs throughout the year. To learn more about the incentive options review the [University Wellness website](#).

Are onsite health screenings offered?

Onsite health screenings are not available at this time. We encourage employees to visit their primary care provider for an annual physical.

What is a Health Risk Assessment?

A Health Risk Assessment, or HRA, is an online questionnaire you will complete after your health screening. The HRA, along with your annual physical will provide a comprehensive analysis of your current health status. You will receive an email with instructions on how to complete the HRA, once it is available. The University will only receive your HRA data in aggregate form.

Do I have to participate in wellness programs throughout the year?

All wellness programs are voluntary. We encourage employees to participate in as many programs as they would like in order to maintain or improve their personal well-being.

Will my participation in wellness programs affect my benefits or employment?

No. All programs are voluntary. Data collected by University Wellness is used in aggregate form to directly impact the programs that are offered to UToledo employees.