



Check Out the New RiseUP Wellness Website

UMS has launched a new and improved wellness website. Visit www.umsRiseUP.maine.edu today to make a difference in your health... and your life! Visit often — content is refreshed daily.

Visit today
and
leave us
your
feedback!

What Is RiseUP?

RiseUP is a new way of thinking about wellness at UMS. When morning dawns on the United States, the sunrise reaches Maine first. RiseUP, the UMS Wellness Program, takes its name from this point of state pride.

RiseUP a bit early and take a walk. RiseUP and choose a banana instead of a donut. RiseUP and make the daily choices that can improve and even extend your life.

RiseUP is funded through a grant from Anthem BlueCross BlueShield. RiseUP is independently operated by UMS.

What Will You Find on the Site?

Visit www.umsRiseUP.maine.edu to:

- Save money on health care by maximizing your UMS benefits
- Discover fun and effective ways to improve your health
- Get daily health tips from WebMD
- Try new recipes that add flavor without adding to your waistline
- Take a quick and easy quiz to see if you are at risk for certain diseases
- Find quality doctors in Maine
- Get your kids to eat more vegetables
- Achieve your New Year's resolutions



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Information provided on the wellness site about the UMS benefits program is not a complete description of the benefits program. Your rights under the benefits program are governed by the express terms and provisions of the formal executed plan documents and trust agreements, copies of which are maintained on file with the UMS System Office of Human Resources and are available for your review. If there is any discrepancy or conflict between the legal documents governing each plan and the information presented here, the plan documents will control. The benefits information on the wellness site is intended to be accurate at the time of publication, but UMS reserves the right to change or discontinue its benefit plans and programs at any time and for any reason. Participation in these plans and programs is not an offer of employment or an employment contract.