

Instructions and Guidelines for Registration at the UH South Wellness Center

As you may know, the new UH South Wellness Center is slated to open in early November, and will be available to Michigan Medicine faculty and staff. **Any House Officer who wishes to purchase a membership for \$10 per month may do so by registering by October 18th.**

Because capacity is limited, please consider these additional options before deciding whether the UH South Wellness Center is the best choice for you:

- 1) [The Wellness Center at the North Campus Research Complex](#) (NCRC) offers similar amenities and is also available to House Officers at the same monthly rate.
- 2) In 2018, MHealthy will offer all faculty and staff who participate in MHealthy Rewards up to \$120 annually in reimbursement for fitness facility memberships (both within UM and in the community). This will be communicated more broadly in the coming months. If you currently have a membership at another eligible facility that you enjoy, you may be eligible to receive this reimbursement.

Given the limited capacity of the UH South Wellness Center, if your primary work location is not on the main medical campus, you may consider joining another facility with this in mind ([NCRC](#), [Rec Sports](#), or in the community).

If you would like to become a member of the UH South Wellness Center, [please click here and fill out this form](#) **by Wednesday, October 18th, 2017 at 11:59 pm**. House Officers who have signed up through this form will be emailed a link the week of October 23rd to enter payment in the online membership system.

Questions regarding the facility and membership can be directed to: UHSouth-wellness@med.umich.edu or the MHealthy main line (734) 647-7888.