

Brigham Young University Resources for Women

Academic Success Center

2590 WSC
Provo, Utah 84602
801.422.2689
Phil Rash, phil_rash@byu.edu, 801.422.6937
Clic@byu.edu

Welcome to the Career Center. Just as our name indicates, we are here to help you with the career exploration process and all that it entails. We have printed materials, electronic resources, career assessments, and student paraprofessionals who are available to assist you individually, or through one of the many workshops that we offer. We want to support and help you as you educate yourself about the many career options that are available to you. Our goal is to help everybody who visits our area, either in person or online, and we want you to feel welcome here.

Academic Support Office

2586 WSC
Provo, Utah 84602
801.422.2723
Karen Evans, Karen_evans@byu.edu, 801.422.2723
academic_support@byu.edu

The mission of the Academic Support Office--in support of the university's mission--is to promote students' academic success and to assist degree-seeking, undergraduate students who are experiencing academic difficulties. Assistance to students is provided through Faculty Members, policy development, student contact and counseling, research, and remedial or preventive activities.

Accessibility Center

2170 WSC
Provo, UT 84602
801.422.2767
TTY 801.422.0436
Michael Brooks, Michael_brooks@byu.edu, 801.422.6020
<http://uac.byu.edu/>

The goal of the University Accessibility Center (UAC) is to provide programs and services to assist BYU students who have disabilities. We desire all students to have access to the programs, services and information that they may need in their pursuit of excellence and the realization of human potential within the university environment. We assist students who have physical, hearing, learning, attention and emotional concerns that may put them at a disadvantage compared to other students at the university in their quest for this goal.

The following are some of our services and programs to assist students:

- We review documentation from students who have been previously diagnosed with physical, hearing, learning, attention and emotional concerns to assist in determining appropriate academic accommodations for their classes
- We evaluate student's who may have learning, attention or emotional concerns which may prohibit them from reaching their full potential.

Admissions

CES Admissions

A-41 ASB

Provo, UT 84602

801.422.4636

admissions_services@byu.edu

Our mission is to assist individuals by providing quality, integrated enrollment services in a gospel centered environment.

Advisement Center

2500 WSC

Provo, Utah 84602

801.422.3826

Karen Evans, Karen_evans@byu.edu, 801.422.3826

<http://ccc.byu.edu/university-advisement-center>

Here are some of the ways we can help you:

- Help with choosing a major and minor
- Understanding and planning your University Core/General Education requirements
- Understanding how a university majors can relate to a career
- Locating information about majors and careers
- Providing appropriate referrals to College Advisement Centers (for students who have decided upon a major)
- Help with registration and course selection for students still considering a major(s)
- Assist students who want to improve their study skills
- Provide appropriate referrals to other Counseling and Career Center offices as well as to other campus resources
- Internship Opportunity: We're looking for a few students to represent BYU and help recruit students to BYU.

Air Force ROTC

BYU - Detachment 855

Air Force ROTC

380 Wells Bldg.

Provo, UT 84602

Phone: 801.422.2671

afwebmaster@byu.edu

We are the United States Air Force Reserve Officer Training Corps (AFROTC) Detachment 855 at Brigham Young University, Provo. In our program, students build and lead a dedicated cadet corps. AFROTC courses are taught by active duty USAF officers and cover subjects such as leadership, management, Air Force history, and national security affairs.

Alumni Association

Alumni Relations
224 HC
Provo, UT 84602
801.422.6740
byu.net

Alumni relations have several functions: builds lifelong relationships cultivate the spirit of the "Y", find, recruit, position and retain the best people. To help others identify and feel the spirit of the Y, engage and partner with BYU constituencies and church leaders to cultivate the spirit of the Y, invite a reconnection to BYU at all activities, and invite a reconnection to BYU at all activities.

BYU Asian and Near Eastern Studies

3064C JFSB
PO Box 26027
Provo, UT 84602
Robert A. Russell, 801.422.3396

Section Heads:

- Arabic - Dilworth Parkinson
- Chinese - Matthew B. Christensen
- Hebrew - Donald W. Parry
- Japanese - J. Paul Warnick
- Korean - Mark A. Peterson

The programs of the Department of Asian & Near Eastern Languages aim to help students develop competence in important languages of Asia and the Near East, an understanding and appreciation of the peoples, literatures, and cultures of those areas of the world, and the ability to think critically as well as to communicate effectively and appropriately in specific cultural contexts.

The programs aim to help students acquire skills for self-managed, life-long learning, develop historical perspective and global awareness, and, in general, to "study and learn, and become acquainted with all good books, and with languages, tongues, and people", in particular those of Asia and the Near East. The programs aim to prepare students for academic, professional, and personal lives in which the attitudes, skills, and competencies developed in the programs will enable them to render significant service to others in whatever global setting they may find themselves.

BYU Bookstore

Wilkinson Student Center (WSC)
University Hill,
Provo, Utah 84602
1.800.253.2578
801.422.2400
bookstorefeedback.byu.edu

An indispensable partner in life-long learning, we provide quality books, goods, & services while building a gospel-centered community.

BYU Student Association

Wilkinson Center 3400
Provo, UT 84602
801.422.3901
byusa@byu.edu

The BYU Student Service Association is the premier student-run association on campus. BYUSA is dedicated to serving the BYU student body and advising the BYU administration. Each year an election is held for the Student Body President and Executive Vice President.

BYUSA acts as a student voice to the President's Council (President Samuelson and the BYU vice presidents). Also, as a service organization, volunteers in BYUSA organize activities such as Homecoming Dances, Guitars Unplugged, The Unforum and Friday Night Live. Other volunteers research student concerns and work with administrators to resolve those concerns. BYUSA also houses a large portion of BYU's student clubs. BYUSA is entirely student run by unpaid volunteers.

Campus Education Week

169 Harman Continuing Education Building
Provo, UT 84602-1507
801-422-6214
educationweek@byu.edu

Campus Education Week, begun in 1922, is a program unique to adult continuing education in the United States. For one week each August, the program utilizes the campus of Brigham Young University (Provo, Utah) to present approximately 1,000 classes on education, religion, marriage, family relations, health, history, genealogy, science, youth interests, and many other areas. The program is designed primarily for adults, although anyone age 14 and over may attend. It is believed to be the largest continuing education program of its type.

Center for Service and Learning

2010 WSC
Provo UT 84602
Casey Peterson, casey_peterson@byu.edu, 801. 422.1281
<http://yserve.byu.edu/>

The Center for Service and Learning, also called the Y serve office, was established in 1999 to offer service opportunities to students. Our mission is "to provide every student with a meaningful service opportunity. We seek to instill in the heart and mind a desire to give lifelong service." We currently have over 50 student-run programs.

Center for Conflict Resolution

4412 WSC

Provo, Utah 84602

801.422.5068

John Pace, john_pace@byu.edu, 801.422.5068

<http://ccr.byu.edu/>

- Assists in resolving conflicts involving BYU students and provides training and information on conflict resolution principles and techniques.
- Mediation Services -- neutral mediators assist parties in negotiating disputes and in working out settlement agreements. Click on "Dispute Resolution Services" then "Mediation" for detailed information.
- Arbitration Services -- neutral arbitrators conduct private hearings to render legally binding decisions. Click on "Dispute Resolution Services" then "Arbitration" for detailed information.
- Advice -- receive personal guidance on dispute resolution strategies (by appointment, call 801-422-5068).
- Seminars and workshops -- can be arranged for groups.
- Conflict Resolution and Mediation Courses -- See Student Development 363 (fall semesters) for conflict resolution principles and skills and Student Development 364 (winter semesters) for mediation training.

College of Fine Arts

Museum of Art

North Campus Drive,

Provo, UT 84602-1400

801-422-8286

moa@byu.edu

- College of Fine Arts and Communications Office of the Dean
Main: (801)422-2819
- CFAC Advisement Center
Main: (801)422-3777
Fax: (801)422-0831
- School of Music
Main: (801)422-8903
- Department of Dance
Main: (801)422-5086
- Department of Visual Arts
Main: (801)422-4266
- Department of Theatre and Media Arts
Main: (801)422-6645

- BYU Museum of Art
Main: (801)422-8286

The College of Fine Arts and Communications Advisement Center is dedicated to establishing an important, service-oriented connection with students in a caring, friendly environment and providing accurate and timely information which will more fully prepare them for greater academic success.

We strive to:

- Continue the tradition of excellence by promoting individual development
- Motivate students to stay on the path to graduation
- Inspire students to achieve life-long learning
- Keep students informed of university policies and procedure

One of the largest and best attended art museums in the Mountain West, the Museum of Art offers a dynamic exhibition schedule that includes displays of its permanent collection, world-class traveling shows and unique temporary exhibitions.

Counseling and Career Center

1500 WSC

Provo, Utah 84602

801.422.3035

Jane Lawson, Jane_lawson@byu.edu, 801.422.3035

The Counseling and Career Center provides individual psychotherapy for full-time students who are struggling with mental health, emotional, or behavioral issues which interfere with their ability to meet their potential as a student. All therapy sessions are free and confidential. Although we work with other concerned individuals (parents, faculty, bishops, etc.), your desire for or participation in psychotherapy will not be reported in any way to these entities without your written permission. Services are provided by more than 20 PhD-level psychologists as well as doctoral students in training

A variety of group therapy experiences are offered at the Counseling and Career Center. These groups can be either structured or unstructured and offer the student opportunities to learn from their peers and group leaders. A variety of issues can be successfully addressed in a group setting. Our groups are described in detail below:

- General Therapy Group
- Meditation/Anxiety Group
- Family of Origin/Painful Life Events Group
- The Woman's Wellness Body Image Group
- Sexual Abuse Group
- Chronic Pain/Illness Group
- Couples Group
- Sexual Concerns Group

David O. McKay, School of Education

120 MCKB
Provo, UT 84602
801.422.3426
education.byu.edu
eac@byu.edu

Degrees Offered

- BS Communication Disorders
- BS Special Education --- Emphasis in Mild/Moderate Disabilities or Severe Disabilities
- BS Early Childhood Education
- BS Elementary Education
- BS Elementary Education-with an emphasis in Early Childhood Education
- BS Social Science Teaching

Ernest L. Wilkinson Student Center

3500 WSC
Provo, UT 84602
801.422.2731
infocenter_wsc@byu.edu
wilk.byu.edu/

Food services, including a food court with franchise restaurants, conference rooms, two large ballrooms, a full-service copy center, and a bowling alley are among its many facilities.

Family History & Genealogy Library

1031 JFSB
Provo, UT 84602
801.422.1968
byufhl.coordinator@byu.edu

Utilize BYU resources to simplify the finding of ancestors and the discovery of the world in which they lived; and support the training of students for life-long temple and family history service.

Financial Aid

D-155 ASB
Provo, Utah 84602
801.422.4104
Jay Hanson, jhh@byu.edu
financialaid.byu.edu

Grants - Federal grants are free, need-based college funding that does not need to be repaid. The following federal grants are available to eligible BYU students.

Pell Grant - Pell Grants are awarded solely on demonstrated financial need to eligible undergraduate students who have not already earned a bachelor's or professional degree.

ACG Grant - ACG Grants are available to first and second year undergraduate students who are receiving Pell Grants and who completed a rigorous secondary education as defined by the federal government. Visit <http://www.ed.gov/admins/finaid/about/ac-smart/state-programs.html> for more detailed eligibility information.

SMART Grant - National SMART Grant are available to third and fourth year undergraduate students who receive Pell Grants and who are enrolled in an eligible major. For a list of eligible majors at BYU, go to <http://saas.byu.edu/financialAid/finaid/grants/smart.php?box=two>

Loans - Subsidized Stafford - if a student must borrow money to pay college expenses, Subsidized Stafford Loans are generally the first choice, because they have a low, fixed interest rate (5.6% beginning July 1, 2009) which makes them less expensive than other loans. Another advantage is that interest does not grow while students are enrolled in school at least-half time. Also, students do not need to make any payments until after they have been less than half-time enrolled for a continuous six months and there are no penalties for early repayment.

Unsubsidized Stafford - Unsubsidized Stafford Loans are generally the second choice of student borrowers. The only difference between this loan and the Subsidized Stafford is that interest does grow on the Unsubsidized Stafford while a student is enrolled in school.

PLUS - The Parent Loan for Undergraduate Students (PLUS) is a loan taken in a parent's name on behalf of their student child. PLUS loans have an 8.5% APR, fixed interest rate and monthly payments begin shortly after the loan is fully disbursed.

Harold B Lee Library

3226 HBLL
Provo, Utah 84602
801.422.2926
<http://library.byu.edu>

The Harold B. Lee Library supports the academic and religious mission of Brigham Young University and its sponsor, The Church of Jesus Christ of Latter-day Saints. The library's mission is to acquire, organize, preserve, and make readily available collections of scholarly and related materials in all media; to assist patrons in finding and using information available at the University and elsewhere; and to encourage lifelong learning.

Honors Program

Honors Advisement Center
102A MSRB
Provo Utah 84602
801.422.5497
Rory Scanlon, Scanlon@byu.edu, 801.422.3430
<http://honors.byu.edu/>

The Brigham Young University Honors Program complements the University's expansive educational agenda by providing the benefits of a small liberal arts learning community to all interested students. These benefits include offering small classes with high-quality teaching and learning that challenge students to reach their highest potential; fostering a spirit of ongoing inquiry that includes undergraduate research in a mentored environment; and underscoring the importance of combining personal excellence, faithful discipleship, and meaningful service. The Honors Program invites all BYU students who possess an unquenchable thirst for knowledge to enjoy any or all program activities.

International Services

1351 Wilkinson Student Center
Provo, UT 84602
801.422.2695
<http://internationalservices.byu.edu/>

As an international student, you are automatically a member of the International Student Association. Also you are invited to participate in the Friend Family program and enjoy association with an American family. BYU supports and encourages student involvement in classroom and extracurricular activities that foster the aims of a BYU education.

Believing that a significant portion of anyone's personal growth is dependent upon relationships and activities outside of the classroom setting, International Services provides program opportunities for people to share their cultures and build relationships.

Involvement in clubs, programs and activities gives you opportunities to grow and mature personally as well as opens the door for service to others in meaningful ways.

Mailing Services

1135 WSC
Provo, UT 84602
Phone: 801.422.2085
Kim Hancock, kim_hancock@byu.edu 801.422.6620

BYU Print and Mail Production Center (PMPC) provides the university with competitive printing, copying, mailing and digital services by offering a professional, high quality product and utilizing cost-effective, state-of-the-art technology. PMPC supports the standards of excellence that Brigham Young University represents, treating customers and employees with dignity, honesty and respect.

Some Useful Guidelines:

- Special services, such as Registered Mail Certified Mail, and Money Orders, must be processed by 4:00 p.m.
- Express Mail and International Global Priority Mail must be processed by 3:00 p.m.
- Money orders are available for up to \$1000.00 per money order.
- You must have current BYU identification to write a check.
- No tax forms are available at our office.
- Bank Checks and Credit Cards are accepted.

Monte L. Bean Life Science Museum

645 East 1430 North
Provo, UT 84602
801.422.5051 (Info)
801.422.5052 (Office/Scheduling)
801.422.0093 (Fax)
<http://mlbean.byu.edu/>

The Monte L. Bean Life Science Museum at Brigham Young University is a dynamic repository and trustee for a remarkable group of biological collections. These collections are used to celebrate the role of Jesus Christ as Creator, while enhancing student learning and mentoring and promoting faculty teaching and research. They also serve as a unique venue for inviting the public and scientific community to explore and contemplate intricate biological relationships and processes.

Multicultural Student Services

1320 WSC
Provo, UT 84602
801.422.3065
Lisa Parkinson, lisa_parkinson@byu.edu, 801.422.7059
<http://multicultural.byu.edu/>
http://multicultural.byu.edu/sites/multicultural.byu.edu/files/s081211ParkinsonLisa02_118.jpg

BYU Multicultural Student Services Celebration of Culture is designed to enhance awareness of and appreciation for diverse cultures, heritages, backgrounds, and life experiences. We provide an environment of “intensive learning in a stimulating setting” (University Statement on Fostering an Enriched Environment) where students will apply their unique talents and strengths.

We support and encourage students to share and learn more about one another in an atmosphere where all come together to deepen understanding and spirituality, benefit from cultural exchanges, and develop and sustain lifelong relationships.

New Student Orientation

Office of First-Year Experience
2006 JKB
Provo, UT 84602
801.422.4243
801.422.0885 (fax)
forientation@byu.edu
orientation.byu.edu

New Student Orientation (NSO) is a vital part of your university experience. At NSO—held in the fall, winter, and summer before classes begin—you will be mentored through a series of workshops and social events that will add to your BYU survival tool kit. During orientation you will:

- Be assigned to a Y-Group, a small group of entering students led by two seasoned BYU students
- Receive a welcome by a University Administrator
- Eat lunch with your Y-Group and a member of the faculty
- Tour the campus, stopping at significant places like the Harold B. Lee Library (HBLL - you'll spend a lot of time here), the Wilkinson Student Center (WILK), the Eyring Science Center (ESC), the Museum of Art (MOA), the Smith Field house (SFH), and the Testing Center (HGB)
- Meet with academic advisors who will guide you through the steps of creating a successful course plan for your major
- Learn how to manage on a student budget, how to apply for grants and scholarships, and how to apply for jobs on campus
- Spend an hour with a faculty member who will give you and your Y-Group a glimpse of academic life at BYU and answer your questions
- Make friends and have fun!

Office of First Year Experience

2006 JKB

Provo, UT 84602

801.422.4243

Bryce Bunting, bryce_bunting@byu.edu, 801.422.1156

<http://fye.byu.edu/>

The freshman year at BYU offers curricular and co-curricular experiences that challenge students academically, promote individual responsibility, demonstrate that they are valued members of the university community, help them connect to useful resources off and on the university and in general foster the aims of BYU education. First Year Experience includes new student orientation. The purpose of NSO is to:

- Welcome new students to the BYU community of disciple scholars,
- Help new students become familiar with campus resources and
- Connect new students with students, faculty, and campus personnel

NSO activities range from spiritual and academic to the informal and out-and-out fun, and are always friendly and focused on the needs of new students. Many of these events are organized around Y Groups; small cohorts of students led by upperclassmen that offer students the opportunity to ask questions and get to know other new students.

Pre-Graduate Advisement Center

3328 WSC

Provo, Utah 84602

801.422.3044

David L. Waddell, david_waddell@byu.edu, 801.422.6535

<http://ccc.byu.edu/pregraduate-management-main-page>

Our goal is to help you learn more about how to apply to graduate business schools and learn more about different careers in the business sector. In addition to our friendly and knowledgeable staff, our office and website contain valuable information and resources which will help you to understand the application process, obtain information about business schools, learn what business school is like, and begin to understand the variety of employment opportunities available to business school graduates.

Feel free to stop by our office anytime during our hours of operation with questions or to explore the many resources available. Our editor can help you with personal statements, resumes, and addendums.

Route Y

BYU's home page is the location to access Route Y, BYU's intranet. Click on the Route Y link to log on to Route Y with your Net ID and password. From here you can "mouse over" School and access AIM, Blackboard, and your financial account, among other things. Take a look and do some exploring.

Update Personal Information

Under the Communication section there is a place to update personal information. Many departments and faculty communicate through e-mail and the mailing address you provide through Route Y. Please keep these updated and current at all times, especially once you arrive on campus.

Blackboard

Blackboard is an online tool many of your instructors will use to post assignments or announcements or to conduct discussion groups. Some instructors may put information on Blackboard a few weeks before classes begin, so take a look and see how it works. Check with your professor if you are not getting anything on Blackboard, as all classes are not on Blackboard.

Signature Card

2310 WSC
Provo, UT 84602
801.422.3866
idcenter@byu.edu

- The Signature Card is a debit account, utilizing the university ID card. Nearly all retail outlets on campus accept the Signature Card, including Dining Services, vending machines, the Bookstore, WSC retail operations, copy centers, designated copy machines, ticket offices and computer labs.
- Deposits and balance inquiries are available at most locations displaying the Signature Card logo and through your Route Y account.
- To access your Route Y Signature Card and Meal Plans webpage before picking up your BYU ID, please contact the Signature Card ID Center.

Stress Management Lab

1582 WSC

Provo, Utah 84602

801.422.7261

Barbara Morrell, barbara_morrell@byu.edu, 801.422.7261

<http://ccc.byu.edu/stress-management-lab>

The Stress Management and Biofeedback lab is a resource for current full-time BYU students to help them learn coping skills and techniques for dealing with stress on a daily basis. The Stress Management and Biofeedback Lab are available for students desiring to improve their skills in dealing with the stress in their academic and personal lives. The following resources are found in the lab:

- Personal Consultation
- Biofeedback training
- Relaxation Skills Recordings
- Tapes and CD's for Checkout
- Printed materials
- Self-Serve Biofeedback

The Stress Management Lab is available to full-time students only. Appointments can be made with the receptionists at the front desk of WSC 1500. Students may sign up for one 45 minute session per week. The lab resources are tailored to individual student concerns. Students are encouraged to visit the lab over a period of four weeks to give their training a chance to work. Those desiring help beyond the skill training available in the lab can sign-up for counseling with a professional counselor.

Student Health Center

1750 North Wymount Terrace Drive

Provo UT 84604.

801-422-2771

Rulon Barlow, Rjbarlow@healthcenter.byu.edu, 801.422.7443

<http://health.byu.edu/>

BYU requires all continuing students who are enrolled at least 3/4 time (including Salt Lake Center hours) to have appropriate medical coverage for the duration of their enrollment at BYU. In other words, you must have coverage the entire time you are a continuing BYU student, including during any summers you take off or other short-term breaks from classes.

Tutoring

2010 WSC

Provo, UT 84602

Casey Peterson, casey_peterson@byu.edu, 801. 422.1281

<http://yserve.byu.edu/>

Tutoring Services provides peer-to-peer tutoring for BYU students. Tutors generously volunteer their time to help other students who seek assistance. The greatest demand for tutors is in GE classes and in math and science classes.

University Career Services

2410 WSC

Provo, Utah 84602

801.422.6535

Vaughn Worthen, Vaughn_worthen@byu.edu, 801.422.2723

<http://ccc.byu.edu/career-services-home>

- The mission of BYU University Career Services is to achieve University Aims by assisting students and alumni in their career search.
- Provide students/alumni with the tools, instruction, and encouragement to interface with future employers
- Work with employers to cultivate the best opportunities for students and alumni
- Partner with University organizations to promote career skills and opportunities for students and alumni
- University Career Services looks forward to serving the BYU community, and we invite employers to partner with us in providing students and alumni with the opportunities to reach their career and life goals.

University Police

2120 JKB

Provo, UT 84602

If you have an emergency, please dial 911

Police Front Desk: (801) 422-4051

Dispatch: (801) 422-2222

Fax: (801) 378-0935

police@byu.edu

To create an environment of peace and order while treating individuals with respect and dignity and to detect and prevent crime as well as enhancing knowledge and personal education within the community.

Wellness Program

2001 JKB

Provo, UT 84602

801.422.5884

wellness@byu.edu

To encourage university personnel and their families to strengthen their health and well-being as an essential part of provident living and their ability to contribute to the work and mission of the university. To establish a work environment that promotes healthy lifestyles, decreases the risk of disease, and enhances the quality of life. To provide educational opportunities, wellness activities, screenings, and other self-improvement opportunities.

Women's Services and Resources

3326 WSC

Provo, Utah 84602

LaNae Valentine, lanae_valentine@byu.edu, 801.422.4877

<http://wsr.byu.edu/>

The Women's Services and Resources office provides services and information about women's issues to all students, faculty, and staff. We provide workshops, lecture series, and support groups to empower women to be successful in completing their education. Through our office, students can access information about services for women and various community resources. Even though we are equipped to mainly serve the female population, we are happy to answer questions from males, as well as point them in the right direction.

Our mission is to encourage the strength and worth of women. We are a place of encouragement and positive thinking that addresses the issues affecting women today in a proactive, preventive way by promoting health and wholeness. Our goals are to educate the BYU campus and community on women's issues; to create a safe, inviting place for women to come where they can receive support, knowledge, and strength to meet the challenges facing women today; and to provide women with opportunities to serve other women.

Writing Center

4026 JKB

Provo, Utah 84602

801.422.4306

Penny Bird, penny_bird@byu.edu, 801.422.4306

<http://humanities.byu.edu/english/writingcenter/index.html>

The Writing Center provides one-on-one writing help for all students. Writing tutors are committed to helping students become better writers. They focus on the global aspects of writing: thesis construction, organization, transitions, idea development, and style. Our tutors help students at any step of the writing process, from prewriting to a polished draft. We invite students to walk in or schedule an appointment.

Y-Be-Fit

127 RB

Provo, UT 84602

801.422.4494

BYU Director: Larry A. Tucker, Pd.D

Dept of Exercise Sciences, College of Life Sciences

wellness@byu.edu

A staff of faculty and students trained in fitness and health promotion manages the Y-BE-FIT program. While the Wellness Program focuses on group events, Y-Be-Fit is a personalized, one-on-one assessment and counseling program to specifically identify and target your health needs. Disease prevention and lifestyle modification are the two main areas of focus throughout the individualized 4-month program. During your first, second, third, and subsequent (follow-up) visits, you will be involved with the following:

- Introduction into the program (first appointment)
- Assessment of an individual's present health and fitness (second appointment)
- Results, Education, and Development of a Personalized Plan (third appointment)
- Follow-up counseling (up to three months)

Program Cost

- If you are a DMBA insured employee (Choice, Select, or Value) assessment and follow up costs will be covered according to your plans guidelines.
- If you are a non DMBA insured employee or spouse interested in a complete assessment and three-month follow-up, the cost is \$110.00. Additional three-month sessions will cost \$40.00 each.
- If you are a BYU student interested in a complete assessment and three-month follow-up, the cost is \$70.00. Additional three-month sessions will cost \$30.00 each.
Y-BE-FIT also provides single assessments for the following tests:
 - Bod Pod (% body fat) - \$15.00
 - Blood Lipid Profile (total cholesterol, HDL, LDL, and triglycerides) - \$15.00
 - Glucose Test - \$5.00
 - Nutritional Evaluation - \$15.00
 - Treadmill Test - \$15.00
 - Skinfold (% body fat) - \$1.00
 - Osteoporosis Screening - Full body \$130.00, Hip Scan \$65.00, Spine Scan \$65.00
 - *Hospital grade, full body osteoporosis screening by DEXA is now available for DMBA-insured postmenopausal women (45 or older), only a \$20.00 co-pay for one scan (please provide written proof DMBA will cover the scan).