

Do You Want to Know How Healthy You Are?



Find out by completing the Wellstream Health Risk Assessment (HRA), a valuable educational tool designed to help you learn important information about your current health status and how to improve it. The HRA will be offered to all benefit eligible employees Nov. 8 through Dec. 3, 2010. All employees are encouraged to complete the HRA whether they are enrolled in the university's Blue Cross Blue Shield medical plan or not. Employees enrolled for the medical insurance, and who complete the HRA, will be eligible for the following enhanced wellness and preventive services benefit.

- Annual preventive care allowance of \$300 (for insureds age 2 and over)
- Dependent child (under age 2) preventive care allowance of \$600
- 100 percent coverage, up to \$2,500 maximum, for routine preventive colonoscopy once every 10 years beginning at age 50 (services must be provided by a Blue Cross Blue Shield PPO Provider)
- \$0 copay for generic prescription drugs through CVS Caremark's mail service

On Monday, November 8th, you will receive an email link with special instructions on how to complete the survey online. The deadline for completing the survey is 5 p.m. Friday, Dec. 3, 2010. **The HRA survey must be completed each year in order to receive the enhanced wellness and preventive services benefit for the following calendar year.**

The 2011 survey will include a confirmation page at the end of the Personal Health Summary which provides you with documentation the HRA was successfully completed. **The Personal Health Summary must be printed and/or saved in order for you to receive credit as a HRA survey completer.**

The HRA is processed by an independent organization - Wellstream LLC. Participation is strictly voluntary. While you will receive a personal health summary, only aggregate results will be reported to the university. Campus data will be used to create programming to serve your interests and set goals for improving the health and well-being of our employees. Privacy and security are handled using state of the art SSL encryption and all personal information will be protected by the Health Information Privacy Protection Act (HIPPA).

Don't pass up this opportunity to learn how to protect your most important asset, your health! Stay tuned for more details.