

October 7, 2010

Subject: Get Healthy in 2011

Dear Colleagues:

Below you will find information on the University of Nebraska's "healthy lifestyle" program. The university's wellness program will include a number of health enhancement activities, beginning with a free health risk assessment (HRA) in November as well as enhanced wellness and preventive services for those employees enrolled in the university's Blue Cross Blue Shield program and who complete the assessment. These enhanced services will be effective January 1, 2011.

This program is part of the University's commitment to wellness and a healthy work environment. I encourage you and your family to take advantage of the expanded services.

Please call your Campus Wellness Director with any questions regarding this initiative.

Sincerely,
James B. Milliken
President

Announcement

Health Risk Assessment and Enhanced Wellness and Preventive Services Benefit for 2011

All benefits-eligible employees will have the opportunity to complete a Health Risk Assessment (HRA). Participation is voluntary; however, by completing this short survey, you will receive a personal health report that will help you assess and monitor your personal health status. Employees who are enrolled in the university's Blue Cross Blue Shield medical plan will also be eligible for enhanced wellness and preventive services benefits for themselves as well as their family members. Enhanced wellness and preventive services include:

- Increased annual adult preventive care allowance from \$250 to \$300
- Increased dependent child (under age 2) preventive care allowance from \$500 to \$600
- 100% coverage (up to a maximum of \$2,500) 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

Your personal health information will remain confidential as the university will only have access to the aggregate information obtained from the survey. Aggregate data from each campus will be used to create programming to serve your interests and set goals for improving the health and well-being of our employees.

Here's How the Process Works

On Monday November 8, 2010, you will receive an email link with special instructions on completing the online health survey. You must complete the survey by Friday, December 3, 2010, in order to be eligible for the enhanced wellness and preventive services benefit in 2011.

There Is No Catch!

This program is completely voluntary and free. At the University of Nebraska, we care about you and your health is important to us. So, I hope that you'll join me and make a personal commitment to improve your health in 2011!

Keith Dietze
Director of Universitywide Benefits