

## Welcome to Wellstream

The Health Risk Assessment (HRA) is a valuable educational tool designed to help you learn important information about your current health status and how to improve it. After completing the survey, you'll be able to download a Personal Health Report that you can discuss with your physician at your next scheduled appointment. **The HRA survey must be completed each year in order to receive the enhanced wellness and preventive services benefit for the following calendar year.** You can also visit [www.bluehealthadvantage.com](http://www.bluehealthadvantage.com) to access a variety of free health education tools to help you achieve a higher level of wellness.

The HRA is processed by an independent organization - Wellstream LLC. While you will receive a Personal Health Report, only aggregate results will be reported to the university for developing and implementing targeted risk intervention programs and activities aimed at improving the overall health status of employees.

### BEFORE YOU BEGIN

It is best to complete the survey in one sitting to avoid resetting your password as the survey will time out after 1 hour. There are 102 questions within 14 health-related areas for you to complete. The survey takes approximately 15-20 minutes.

Survey questions will include health-related information such as blood pressure and cholesterol/ blood sugar. We encourage you to "know your numbers" and have them available while you complete the survey.

Make sure to complete all sections of the assessment tool. **Once completed, the Personal Health Report must be printed and/or saved in order for you to receive credit as a HRA survey completer and be eligible for the enhanced wellness and preventive services benefit.** The deadline for completing the survey is **Friday, Dec. 3, 2010 at 5 p.m. CST.**

### GET STARTED IN 3 EASY STEPS

- 1. LOGIN INFORMATION:** To access the Wellstream Health Risk Assessment, login at: <http://bcbsne.wellstreamonline.com> or access the link in Firefly.
- 2. USERNAME:** Enter your username which is your campus designation plus your NU ID Number. For example, UNLxxxxxxx (no spaces should be used). Your campus designation will be the campus you are associated with i.e., UNL, UNMC, UNO, UNK, or UNCA. Your NU ID Number is conveniently located on your employee identification card. *Note: UNMC employees should use their Personnel ID Number preceded by either 2 or 3 zeros in lieu of their NU ID Number (number of characters after UNMC needs to total eight, i.e. UNMC00012345 or UNMC00123456).*

3. **PASSWORD:** Enter your temporary password which is **wellness**. You will be then asked to change this temporary password to your own password (there are no password requirements or limitations). From there, you will need to follow the onscreen instructions.

### **COMPLETE THE HRA TO COLLECT YOUR ENHANCED BENEFITS**

At the completion of the HRA survey, you will be able to view and print a Personal Health Report detailing your health risk status, as well as tips to become healthier based on your results. **The Personal Health Report must be printed and/or saved in order for you to receive credit as a HRA survey completer and be eligible for the enhanced wellness and preventive services benefit.**

Once you print and/or save your Personal Health Report, the enhanced benefits listed below will be included in your medical and prescription drug coverage effective Jan. 1, 2011. It's as easy as that.

Employees who are enrolled in the university's Blue Cross Blue Shield medical plan and complete the HRA will be eligible for enhanced wellness and preventive services benefits for themselves as well as their covered family members. Enhanced wellness and preventive services include:

- 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 a \$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

### **TECHNICAL SUPPORT**

If you have problems after logging in, simply click on the orange technical support button located on the upper right-hand corner of the Health Risk Assessment page for assistance.

### **PRIVACY**

Privacy and security are handled using state of the art SSL encryption and all personal information will be protected by the Health Insurance Portability and Accountability Act (HIPAA).

### **GENERAL QUESTIONS**

If you have any questions, please contact your Campus Wellness Director: UNL: Kim Barrett - 472-9480, UNMC: Jayme Nekuda - 559-8962, UNO: Dave Daniels - 554-2008, UNK: Bryce Abbey - 865-8177, UNCA: Keith Dietze - 472-7162.