HEALTH RISK ASSESSMENT

In addition to your insured benefits and retirement plans, the University of Nebraska has a commitment to our employees' wellness. As part of that commitment, we offer you the opportunity to complete a Health Risk Assessment (HRA) within 31 days of your hire date or benefits eligibility date as well as during the annual NUFlex enrollment.

The HRA is a valuable educational tool designed to help you learn important information about your current health status and how to improve it. Participation is voluntary; however, by completing this short survey (it will take 15-20 minutes to complete), you will receive a Personal Health Report that will help you assess and monitor your personal health status. 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. 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 the $2,500 maximum, for a 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 the CVS Caremark mail service program

Your personal health information will remain confidential as the university will only have access to the aggregate information obtained from the survey. This website is part of Wellstream, a third party vendor, to help assure the confidentiality of your information. Aggregate data from each campus will be used to create programming to set goals for improving the health and well-being of employees. The HRA maybe completed online at:

UNL:  https://unl.wellstreamonline.com
UNMC: https://unmc.wellstreamonline.com
UNO: https://uno.wellstreamonline.com
UNK:  https://unk.wellstreamonline.com
UNCA: https://unca.wellstreamonline.com

You will notice that the Username and Password have been prepopulated by Wellstream. Before you can advance to the HRA survey, you will be required to change and/or update your password.

**You have 31 days from date of hire to complete the HRA.** If you do not complete the HRA survey within 31 days of your date of hire, you may not complete the survey until the next annual NUFlex enrollment.

Once you have completed the HRA survey, you will receive a Personal Health Report detailing your health risk status. This report will give you suggestions on how to become healthier based on your results. **The Personal Health Report must be printed and/or saved in order for you to receive credit for completing the HRA survey and be eligible for the enhanced wellness and preventive services benefit.** By printing and/or
saving your Personal Health Report, you and your covered dependent’s names, are automatically included on the eligibility list for the enhanced benefits for medical and prescription drug coverage as of your benefits effective date.

Once you complete the HRA survey (as a newly eligible employee), you must complete the survey each year in order to receive the enhanced wellness and preventive services benefit for the following calendar year.