

## Healthy U – Phase 3

### **FOCUS** on.....The Wellness Profile – 30 points

#### **What is the Wellness Profile?**

The Wellness Profile is a confidential Health Risk Assessment (HRA) - a tool used by you to assess your current health status. The Wellness Profile covers all aspects of your health, including nutrition, weight management, physical activity, stress management, tobacco and alcohol use, injury prevention, skin protection, immunizations and health screenings.

#### **What is the purpose of completing the Wellness Profile?**

The Wellness Profile can help you understand the relationship between your lifestyle choices and your health.

#### **What information will I receive after completing the Wellness Profile?**

Your answers will generate a confidential Personal Succeed Plan built specifically for you. This in-depth plan will identify opportunities to improve your health through lifestyle behaviors and recommendations for health and wellness tools and programs to assist you in making healthy choices.

#### **Am I required to enroll in programs that are recommended in my Wellness Profile results?**

No, however the programs and activities that are recommended based on your Wellness Profile results are likely to be the most beneficial to you. You are not required to enroll in the recommended programs and may select from any of the offered programs.

#### **Will my employer view the individual health information I submit?**

No. The individual health information you enter is kept completely confidential and will not be shared with your employer. All personal health information is protected by the Health Insurance Portability and Accountability Act (HIPAA) and may not be divulged without your permission.

#### **What information will my employer receive?**

PASSHE will receive a de-identified aggregate report of all the data entered by individuals who completed the Wellness Profile. In addition, each campus will receive an aggregate report of data entered by individuals at that location. This aggregate report will serve two purposes – first, it will provide us with the data we need to deliver the types of programs and resources that are most needed by our employees based upon their collective health risks and wellness interests. Second, over time this report will provide us with information to measure the effectiveness of our wellness program and initiatives

#### **I completed a Wellness Profile in Phase 1 of Healthy U, do I have to complete it again? Why?**

Yes, the wellness plan year for Phase 3 begins July 1, 2009, and the Wellness Profile must be completed again, even if you previously took it in an earlier Phase of Healthy U. Completing the Wellness Profile on an annual basis is one method to track your progress on any health behavior changes you are making, or to help you maintain focus on your current healthy lifestyle practices.

#### **Does my spouse or same-sex domestic partner have to complete the Wellness Profile?**

Yes, your spouse or same-sex domestic partner also needs to take the wellness profile as part of their Phase 3 participation requirements.

#### **Do I get points for completing the Wellness Profile?**

Yes, after you complete the Wellness Profile you will be credited with **30 points** toward the 70 point level needed for successful completion of Phase 3.

## How do I complete the Wellness Profile?

- Start by going to the Highmark website [www.highmarkblueshield.com](http://www.highmarkblueshield.com)
- Click the **MEMBERS** tab and log in with your **USER ID** and **PASSWORD**
- Choose the **YOUR HEALTH** tab from the Welcome page
- Click on the **LIFESTYLE RETURNS** link
- Under Access Your Health, click **WELLNESS PROFILE**

**Lifestyle Returns**

Phase 3 of the Healthy U wellness program begins on July 1, 2009. Participating employees and their covered spouses/same-sex domestic partners will have the opportunity to complete a variety of wellness activities and programs to earn points. If the employee and their covered spouse/same-sex domestic partner earn a minimum of 70 points each before the Phase 3 deadline of May 31, 2010, the employee will qualify for the lower health plan contributions for the plan year beginning July 1, 2010. Get started today with the Pledge and the Wellness Profile (worth 30 points). Then you can choose from a wide variety of other wellness related programs and activities to earn the remaining points.

Welcome to Lifestyle Returns, the program that can help you enhance your lifestyle and improve your health! By getting preventive exams, taking part in programs/activities and using online health education tools, you're on your way to a healthier you! For details on your Lifestyle Returns program, [click here](#). If you have any questions about your Lifestyle Returns program, call the toll-free Member Service number on the back of your ID card.

Result Not Posted [Find out Why?](#) Chart View: [Show Completed Activities](#)

	Points
<a href="#">Get Started</a>	
<input checked="" type="checkbox"/> <a href="#">Take the Pledge</a>	
<a href="#">Select Your Email Preference</a>	
<a href="#">Assess Your Health</a>	
<input checked="" type="checkbox"/> <a href="#">Wellness Profile</a>	30

### Do I have to complete the Wellness Profile in one session?

No, your responses will be saved as you complete each page. However, any responses in an incomplete section will not be saved.

### May I complete the Wellness Profile during work hours?

Yes, you have the option of completing the wellness profile at work or at home.

**While completing my Wellness Profile, I received a message on the screen indicating that the Highmark site has a session timeout of 30 minutes, and that I have been inactive for 25 minutes. It indicated that I have to click "OK" to continue, otherwise, I should click "Cancel" to logout. Why is there this time limit?**

If you click "OK" you will be able to continue with completing your Wellness Profile and then return back to the Highmark site. If you click "Cancel", your information that you completed on the Wellness Profile will be saved, but you will have to log back into the Highmark site to continue with the other activities in the Lifestyle Returns program. This time limit is to ensure that your health care data does not remain on your computer for anyone else to view in your absence.

### I still have questions, who can assist me?

- For general questions about Phase 3 of Healthy U, contact your campus Benefits office
- For login, website or other technical issues – Highmark Technical Support 1-877-298-3918