

The First Stop on the Road to HEALTHY YOU— Your Personal Health Assessment

Brandeis
University



HEALTHY YOU
WORKING TOGETHER FOR YOUR WELLNESS

Your Personal Health Assessment

Earn a \$100 Gift Card if You Complete the **Confidential** Personal Health Assessment and Include Your Required Health “Numbers” Online by April 30, 2011!

How do choices you make each day affect your health? Do you *Know Your Numbers*—your basic health “numbers” such as your height, weight, blood pressure, glucose, and cholesterol levels? Find out how these and other factors could be influencing your health! All you have to do is answer a few questions about your lifestyle and other factors that might affect your health.

Brandeis University wants you to have the information you need to get and stay healthy, so you can enjoy your life to the fullest. That’s why we’re introducing the *confidential* Personal Health Assessment (PHA) as the first part of our HEALTHY YOU health management initiative.

You can learn more about the Personal Health Assessment (PHA) and our other HEALTHY YOU programs through the HEALTHY YOU website at **www.healthyouthmi.org** or through the Tufts Health Plan website at **www.tuftshealthplan.com/brandeis**.

It's All About You... and Your Health

Filling out a simple questionnaire can provide you with important information about your health risks. There are no right or wrong answers, but taking your PHA will tell you if you're on the right track to good health and, if you're not, how to get there. **Plus, when you complete the PHA and include the required health "numbers" online, you qualify for a \$100 gift card along the way!**

The primary goal of the HEALTHY YOU initiative is to encourage employees to live healthier and over time, to foster a campus-wide culture of health awareness. Your PHA is designed by health care experts to help you assess your health risks and give you ideas about changes you could make to decrease your risks. It's supported by Tufts Health Plan. Once you receive your log-in information (provided to you by Tufts Health Plan), just follow the simple on-screen instructions. When you are finished, you will get your own personal

wellness report, giving you instant feedback on your health risks. As long as you have included all of the required information for the PHA, including your basic health "numbers," you will receive a \$100 gift card (which arrives about 4 to 6 weeks after completing the PHA). Here's an idea of the types of questions you'll find on the survey.

- How would you describe your overall health?
- How often do you usually exercise?
- How many servings of fruits and vegetables do you eat in a day?
- Do you have any medical problems such as high blood pressure, asthma or chronic pain?
- Do you smoke?

You'll be asked to fill in basic health "numbers" such as height, weight, blood pressure, glucose and cholesterol, all of which help to assess your risk for disease.

Even if you're in great health—you eat right, exercise regularly, have no risky health habits—you can still benefit from this wellness tool. You may have some health risks you're not even aware of. Your PHA can help you identify ways to lower your health risks and track your progress back to optimum health over time. And, by completing your PHA and including your basic health "numbers" online by April 30, 2011, you qualify for a \$100 gift card!

Know Your Numbers

It's important that you **Know Your Numbers**—your height, weight, blood pressure, glucose and cholesterol levels to fully complete the PHA online and receive the \$100 gift card. You may participate in one of the *Know Your Numbers* screenings being conducted on campus on March 9th, March 22nd and April 12th. Or, your doctor's office may have this information if you've recently had a physical exam. Look for more information from Human Resources on upcoming screenings.

Basic Know Your Numbers Screening Information

Here are some common measurements taken during a health screening. The measurements with an asterisk are required to qualify for the \$100 gift card.

Height* and Weight* — Your body mass index (BMI) is a measure of body fat based on your height and weight. BMI determines if you are at a healthy weight for your height and gender. Being overweight may put you at risk for certain diseases, such as heart disease, high blood pressure, stroke, cancer, and type 2 diabetes.

Blood Pressure* — High blood pressure can increase your chance of a heart attack, heart failure, kidney disease, and stroke. Most

people don't realize they have high blood pressure, as it rarely causes any symptoms on its own.

Cholesterol* — High cholesterol increases your risk for atherosclerosis, and can lead to serious health issues, such as coronary artery disease (CAD), heart attack or stroke.

HDL (good) Cholesterol* — High levels of HDL (high-density lipoprotein) appear to help protect against atherosclerosis, heart attack, stroke, and other complications of high cholesterol.

Glucose* — Blood glucose testing is used to screen healthy, symptom-free persons for pre-diabetes and diabetes. Diabetes begins with few, if any, symptoms.

Due to Massachusetts health promotion screening regulations, the following measurements will not be taken during the campus Know Your Numbers health screenings:

LDL (bad) Cholesterol — LDL (low-density lipoprotein) cholesterol is considered "bad" because it deposits excess cholesterol in the walls of the blood vessels that lead to the heart and brain. This can lead to heart disease or stroke.

Triglycerides — Only a small amount of triglycerides is normally found in the blood; most are stored in fat tissue. An increase in the triglycerides in your blood stream can cause coronary artery disease.

Important Note:

* Remember, this screening information is required to complete the PHA online and receive the \$100 gift card. When you are completing the PHA, if you don't have all six numbers listed for the questions above, do not click the "submit" button. You can return to finish the form online at a later date to input your numbers. Without all six numbers you will not be eligible to receive the gift card.

Easy, Convenient Access

You can take your PHA from any computer with Internet access, from home or work, 24/7. Here's all you have to do:

- Go to www.tuftshealthplan.com/brandeis
- Click on the "Healthy You" logo to log in and complete your Personal Health Assessment (PHA)
- Complete the health assessment making sure you include the six pieces of information that are required (height, weight, blood pressure, glucose and cholesterol levels)

For your convenience, computer terminals will be set up at the *Know Your Numbers* screening clinics on campus so you may log on to your PHA and begin completing your assessment immediately. You can call 877-369-0285 if you have any questions. If you don't have access to a computer, contact Human Resources and we can arrange for you to take the PHA online in our office.

It's Completely Confidential

The Health Insurance Portability and Accountability Act (HIPAA) includes privacy rules that govern when and how health plans, health care providers and anyone else directly involved in the provision or payment of health care services can disclose information specific to your health.

The results of your PHA are **strictly confidential**. Only you and Onlife Health's certified personal health coaches (Tufts Health Plan is working with Onlife Health to administer and manage the health assessment) receive this information. Brandeis University receives a summary of all health assessments that does not include the names of employees. The report will be used to identify those general health issues we will want to focus on to help our faculty, staff and postdoctoral fellows live healthy lives.

Since the \$100 gift card is subject to taxation, the payroll department will receive a file containing only the names of employees who received the gift card and \$100 will be added to a future paycheck as taxable income.

Take your Personal Health Assessment By April 30 and Get a Gift Card!

Complete your PHA and include your basic health “numbers” online by April 30, 2011 and you’ll receive a \$100 gift card for making the choice to become a more HEALTHY YOU!

For you to be eligible for this \$100 incentive, you must be a current benefits-eligible faculty, staff or postdoctoral fellow of Brandeis University and be covered by our Tufts Health Plan when you complete the PHA.

After Taking the HQ, Here’s What You Get

After you complete your PHA, you will receive a *personal wellness report*, a confidential personalized report based on the answers you provided. Your personalized report will also help you *Know Your Numbers* by showing your results and what your target readings should be. The report can be shared with your doctor to help you create a HEALTHY YOU action plan. You can also use the topics and tools on the web portal, and will have access to a personal health coach to help you improve any unhealthy habits that you are interested in changing.

By taking the Personal Health Assessment ONLINE and using the tools available to you, you can—

- Be better educated about your health risks.
- Take better care of a health condition.
- Receive a \$100 gift card for your efforts.

For more information about HEALTHY YOU,
log on to www.tuftshealthplan.com/brandeis or
www.healthyouthmi.org.



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