

Dear Brandeis University Colleague:

Over the past three years, Brandeis University has actively collaborated with many of our peer institutions—through the Boston Consortium for Higher Education—on a range of challenges shared by all of us. One of these challenges is rising health care costs.

Collectively, the colleges and universities working together through the Consortium spend in excess of \$430 million per year on health care benefits for over 60,000 active faculty and staff. Here at Brandeis University, our annual medical costs are approaching \$17 million. If the current trends continue, these increasing medical costs will be very difficult to sustain.

Numbers like these are of concern and require a call to action. I can assure you that Brandeis University intends to do everything possible to meet our health care cost challenge. We periodically review our benefit plan designs and work with our health insurance partner, Tufts Health Plan, to ensure we are getting the best value for the resources we invest in health care. But the responsibility for these costs does not rest with Brandeis University alone. Each of us, by maintaining active and healthy lifestyles, can make a difference. To help you accomplish this, Brandeis University, along with other Consortium members, is introducing an important new initiative called “**Healthy You.**”

“**Healthy You**” is a health management program that can help you improve and maintain your health. Through this initiative, employees enrolled in our health plan will be encouraged to complete a Personal Health Assessment (PHA), participate in lifestyle coaching, take part in a chronic condition management program, if needed, and access comprehensive health-related information through Tufts Health Plan. These programs are completely *voluntary and confidential*. Brandeis University will not have access to individual health information.

Watch for the **Healthy You** logo and communications in your mail and around campus. Soon, we will also introduce you to our new **Healthy You** website where you can get more information.

I am very supportive of this initiative. The program will provide each of us with resources for making wise choices about our health care and for taking simple steps to live healthier lives. Taken collectively, over time, our personal choices can strengthen Brandeis University’s ability to maintain quality, affordable health care benefits. I encourage all of you to participate in this worthwhile effort.

Sincerely,

Frederick M. Lawrence.
President