



# HEALTHY YOU

WORKING TOGETHER FOR YOUR WELLNESS

## **Frequently Asked Questions** **about the Personal Health Assessment and \$100 VISA Gift Card**

### **What is a Personal Health Assessment (PHA)?**

A Personal Health Assessment (PHA) is an online questionnaire that eligible employees complete to determine their current health status. This confidential tool, prepared by healthcare experts at Onlife Health and utilized by Tufts Health Plan, is designed to help you identify a potential health risk early and receive care before it becomes an “issue”. Once you complete the PHA, you will receive a Personal Wellness Report which includes helpful information regarding any type of identified health risk you may have and suggestions on how to maintain healthy behaviors. If any health risks are identified, you will have the option to be contacted by a “Coach” who can coach you on steps you can take to improve or maintain your health.

### **Who is Onlife Health?**

Onlife Health is a personal health coaching company that is working with Tufts Health Plan to encourage healthy lifestyles for Brandeis University’s staff, faculty and postdocs. Onlife Health may contact you to inquire if you are interested in participating in their voluntary, confidential, personal health coaching program.

### **Who are Onlife’s Health Coaches?**

Onlife's Dedicated Health Coaches are highly educated, experienced and certified as Registered Nurses, Diabetic Specialists, Dietitians, Health Educators, Exercise Science, and Behavioral Health. They work to build trusting relationships with each member to ensure optimal personal health results. All Health Coaches are also required to maintain certifications annually coupled with mandatory quarterly continuing education.

### **Who is eligible to complete the PHA?**

All benefits eligible employees who are currently enrolled in Tufts Health Plan.

### **What do I have to do to get my \$100 Visa gift card?**

Eligible employees must complete the PHA by April 30, 2011. A completed PHA MUST include six “health” numbers in order to be eligible for the \$100 Visa gift card.

### **What are the six “health” numbers?**

The six “health” numbers are Height, Weight, Blood Pressure, Glucose, Total cholesterol, HDL cholesterol. If the six “health” numbers do not have a numeric answer in the PHA, you will not receive the \$100 Visa gift card incentive.

**What if I don't know my six "health" numbers?**

To help you get this information, Tufts Health Plan is offering three free "Know Your Numbers" screenings around campus – on March 9, March 22 and April 12. Or, you can get the information from your doctor if you've had a physical exam recently.

**The PHA asks for my LDL Cholesterol level - is that a required number to receive the gift card?**

No. Brandeis notified Onlife Health that Massachusetts health promotion screening regulations would not allow Tufts Health Plan to screen for LDL Cholesterol level. Since we are unable to provide free screening of LDL Cholesterol to our employees we would not require this information to receive the gift card.

**My PHA did not include all of the six required health "numbers". Will I be able to update my PHA with the required information so I can receive the gift card? How?**

If you update your PHA with all six required health "numbers" by the April 30, 2011 deadline you will still qualify for the gift card. After submitting your PHA you have 3 days to add information or make changes to your PHA. If it has been more than 3 days since you submitted the PHA you can call Onlife Health at 877-369-0285 and provide them with the information. Once Onlife Health updates your PHA you should receive your gift card within 4-6 weeks. If you did not update your PHA by the April 30 deadline you will not receive a gift card.

**Is the \$100 Visa gift card taxable?**

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

**Once I complete the Personal Health Assessment, when will I receive the \$100 Visa gift card?**

The gift card will be mailed to your home address approximately 4 to 6 weeks after completing the PHA.

**Will my information be shared with Brandeis?**

No. The results of your PHA are strictly confidential in accordance with the HIPAA Federal Law. The University will not receive individual information; rather, the University will receive a summary of all health assessments that does not include the names of employees. The summary will be used to identify those general health issues we will want to focus on to help our faculty, staff and postdoc's live healthy lives.