



UNIVERSITY  
*of* ALASKA  

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*Many Traditions One Alaska*

# WELCOME

TO YOUR NEW HEALTHYROADS  
WELLNESS<sup>®</sup> PROGRAM.

BENEFITS TO HELP YOU AND YOUR  
FAMILY ACHIEVE BETTER HEALTH



**Dear UA Choice Health Plan Participant:**

A healthy organization cannot exist without healthy employees. The everyday choices we make can help us live happier and more fulfilling lives—both at work and at home. That's why the University of Alaska continues to team up with Healthyroads to offer a comprehensive wellness program.

**The goals of this program are to:**

1. Continue to provide you with information about your current health status.
2. Help you set realistic health improvement or lifestyle goals.
3. Give you health management tools and resources to help you reach your goals.
4. Lower health care costs—An effective wellness program can make a difference in these costs over time. Your participation will benefit your lifestyle and may help you save money on health care costs in the future.

**Your participation in this effort is completely voluntary and will allow you to:**

1. Access lifestyle coaching services to help you set, reach, and maintain your goals.
2. Complete an online Personal Health Assessment (PHA) to help you reach your personal health goals.
3. Use a variety of online services to keep tabs on your health and your goals.

The details of the program are outlined in this brochure. Please review this information carefully so you understand how it works and can take full advantage of the opportunities it offers. We will continue to provide additional information regarding our wellness initiatives throughout the year.

Each one of us can choose steps, even small ones, to improve our overall health and well-being. We hope you will join us by participating in this worthwhile effort. We are very pleased to offer a program that will focus on the well-being of UA's most valuable asset—YOU.

Yours in health,

*Pat Gamble*

President, University of Alaska

*Abel Bult-Ito*

Chair, Joint Health Care Committee



## YOUR HEALTHYROADS JOURNEY: HEALTHYROADS CAN HELP YOU ON YOUR PERSONAL HEALTH PATH

Participation in the wellness incentive program is completely voluntary, but we encourage all eligible\* employees and their spouses/FIPs (Financially Interdependent Partners) to take advantage of the program so that they can receive valuable information on their health status and risk factors—as well as have access to wellness-related resources, including online coaching, stress reduction suggestions, and more. Plus, you'll be making efforts that will pay off—both literally and figuratively!

\*Only employees and their spouses/FIPs on the University of Alaska health plan are eligible to participate in the wellness program.



# \$ EARN A REBATE ON YOUR 2016 HEALTH CARE CONTRIBUTIONS! HERE'S HOW:

Employees and spouses/FIPs enrolled in the UA Choice health plan are eligible to earn a rebate of up to **\$600** on their health plan contribution. Just follow the 3 steps outlined below! If your spouse or FIP is covered under our eligible plans, they must complete the required steps to earn the rebate.

To be eligible for the incentive, complete the following steps on or between **November 1, 2014**, and **April 30, 2015**:

1. Complete a Personal Health Assessment (PHA).
2. Get a biometric screening.
3. Earn 5 credits.

The wellness rebate of up to \$600 for you and \$600 for your spouse/FIP will be paid out in bi-weekly payments or "credits" on your paycheck, just like you pay for health insurance. If you're a 12-month employee, you'll get 26 credits on your paychecks. If you're a 9-month employee, you'll get 19 credits.

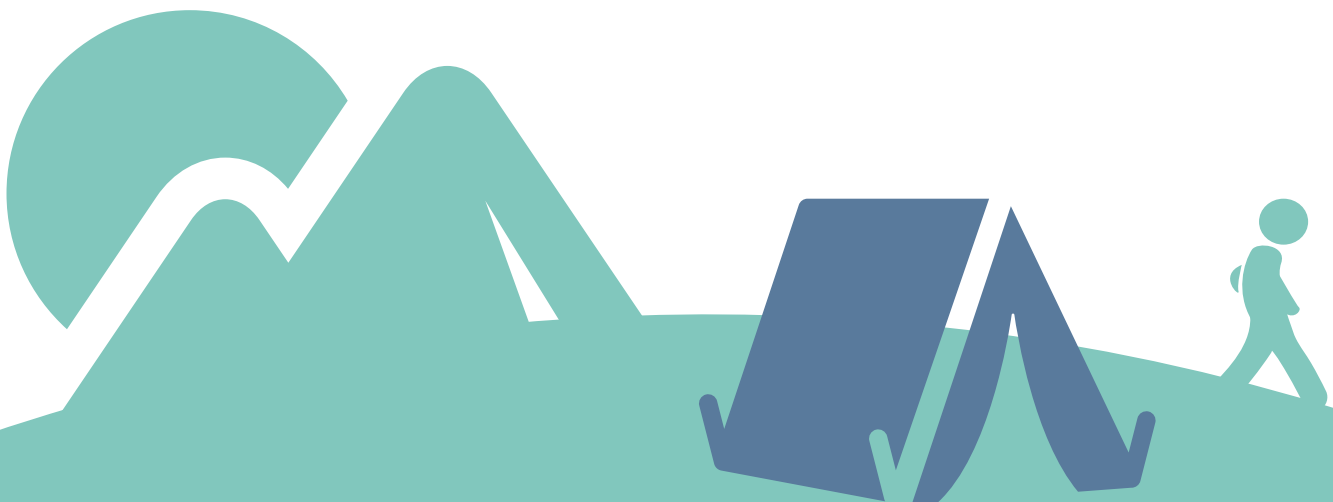
## STEP 1: PERSONAL HEALTH ASSESSMENT (PHA)

The Personal Health Assessment is an online, private questionnaire about your health and lifestyle. Your answers will generate scores around different areas of your health. It is available on the Healthyroads portal. More information regarding the PHA can be found in this brochure.

## STEP 2: BIOMETRIC SCREENING

You can fulfill your screening requirement in 3 ways. Visit the UA benefits page at [www.alaska.edu/benefits](http://www.alaska.edu/benefits) for more information.

- 1. Have your biometric measurements completed as part of your annual physical or preventive screening.**
  - Visit Healthyroads to print the Healthyroads® Health Care Provider form or download a copy from the UA benefits page. Your form should be completed and submitted by your doctor directly to Healthyroads by **April 30, 2015**.
  - You are responsible for ensuring your form is completely filled out. You will not receive incentive credit if you submit an incomplete form.
- 2. Visit a Quest Diagnostics® Patient Service Center (PSC) at your convenience before April 30, 2015.**
  - To schedule your appointment, go to <https://my.blueprintforwellness.com>.
  - New participants use registration key: UOAreremote. Returning participants will use their existing username and password.
  - PSCs will be closed to participants December 15, 2014 - January 15, 2015. During this time, please use the Health Care Provider form.
- 3. Attend an onsite screening in 2015 offered at many work locations. Registration details and dates coming soon!**



### STEP 3: EARN 5 CREDITS

Choose any combination of the following activities for a total of 5 credits.

Activity	Credits	Max
Get your annual <b>wellness exam</b>	1	1
Complete your <b>dental and vision exams</b>	1	2
Get <b>adult immunizations</b> (flu shot, shingles vaccine, etc.)	1	1
Attest to being <b>tobacco free</b> for at least 6 months prior to April 30, 2015	1	1
Complete 4 Healthyroads <b>coaching sessions</b>	2	6
Complete 8 <b>online classes</b>	1	2
Complete a <b>Healthyroads challenge</b> <ul style="list-style-type: none"><li>Information regarding Healthyroads challenges is coming soon!</li></ul>	1	2
<b>Coming January 2015:</b> Earn points for physical activity!	1	5

Here are some examples of how to earn your incentive, but be sure to complete your PHA and get a biometric screening:

#### Scenario 1

- Complete 4 Healthyroads telephonic coaching sessions (2 credits)
- Complete a Healthyroads challenge (1 credit)
- Get your annual wellness exam (1 credit)
- Attest to being tobacco free (1 credit)

#### Scenario 2

- Complete 8 telephonic coaching sessions (4 credits)
- Complete a dental exam (1 credit)

#### Scenario 3

- Complete 8 online classes (1 credit)
- Complete your dental and vision exams (2 credits)
- Earn credit through physical activity (details coming soon)
- Attest to being tobacco free (1 credit)

Starting January 2015, participants will be able to choose from a list of devices to track activity. Check your Healthyroads page for more details!

Healthyroads may use and/or provide participation information to your plan sponsor/employer or its contracted entities that administer your plan for incentive fulfillment purposes. Healthyroads may also use this information to provide you with other services on behalf of your plan sponsor/employer. Your participation serves as your consent for Healthyroads to use and/or provide this information as stated above.



# PLOT YOUR JOURNEY PLAN: GET STARTED WITH A PHA

## COMPLETE YOUR PHA BY APRIL 30, 2015!

We are all at different points on a journey to better health. Some of us are just starting out. Others may be considered healthy, but perhaps we could use some encouragement to keep going. Wherever you are, it is important to keep traveling your path and learning more!

With the Healthyroads Personal Health Assessment (PHA), you can identify potential health issues related to daily nutrition, fitness, and lifestyle habits and see how to improve your health.

The PHA consists of a series of questions about your health-related activities and behaviors. After completing the voluntary questionnaire, you'll be able to identify areas of improvement that might be perfectly suited for a Healthyroads Coaching® program!

Fulfilling this requirement by **April 30, 2015**, will help you set your course and guide you to suggested engagement activities to achieve better health. You will be eligible to earn incentives as long as you take a PHA, get a biometric screening, and earn 5 points by April 30, 2015.

## EMPLOYEES

Follow these easy steps to complete your PHA:

1. Go to **[www.alaska.edu/benefits](http://www.alaska.edu/benefits)**.
2. Select the employee sign on link for **Healthyroads** and log on using your UA username and password.
3. From your Healthyroads home page, look for the **PHA link**. Allow about 10 minutes to complete it.
4. Once finished, you will receive a **personalized scorecard** with information regarding different areas of your health and can begin using other resources on Healthyroads to help you reach your health goals!

## SPOUSES/FIPs

Follow these easy steps to complete your PHA:

1. Go to **[www.Healthyroads.com](http://www.Healthyroads.com)**.
2. From your Healthyroads home page, look for the PHA link. Allow about 10 minutes to complete it.
3. Once finished, you will receive a **personalized scorecard** with information regarding different areas of your health and can begin using other resources on Healthyroads to help you reach your health goals!





# GET YOUR BEARINGS WITH A BIOMETRIC SCREENING



**KNOWING YOUR NUMBERS** is the first step to knowing your risk areas and creating an action plan with your health care providers to decrease your risk.

**WATCH FOR BIOMETRIC SCREENING EVENTS** to be held at the University of Alaska's sites—or you can complete a biometric screening at a Quest Diagnostics Patient Service Center (PSC) or through your doctor's office using a Health Care Provider form. Visit UA's benefits website for additional details.

Biometric screenings are available at no cost and provide useful results in the following areas:

- **CHOLESTEROL** - Cholesterol is a fatty substance that is made by the body. Cholesterol is made in the liver and is also found in animal-based foods you eat. Plant-based foods do not have cholesterol. You need some cholesterol to help build cells, produce hormones, and support nerve function. Cholesterol is a problem only when levels in the blood get too high. Then the cholesterol starts to form waxy plaque. This can clog your arteries and cause heart disease. **A total cholesterol level of less than 200 mg/dL is desirable.**
- **GLUCOSE** - This is the level of blood sugar in your bloodstream. Diabetes is a health problem in which blood sugar (glucose) is too high. This occurs because people with diabetes have a hard time moving glucose into their cells where it can be used as energy. Over time, high blood glucose levels can increase your risk of developing diabetes complications including heart attack, stroke, and kidney failure, among others. **Normal levels for a fasting blood glucose test are between 70 and 99 mg/dL.**
- **BLOOD PRESSURE** - Blood pressure measures the force of blood against the blood vessel walls. A healthy blood pressure level is important. High blood pressure can lead to many health problems including hardened arteries, stroke, congestive heart failure, kidney failure, and heart attack. The good news is that there are many things you can do to help keep your blood pressure normal. **A normal blood pressure is below 120/80 mmHg.**
- **BMI** - Body Mass Index (BMI) looks at your weight in relation to your height to find out if you weigh more than is healthy for you. Many health problems are linked to being overweight or obese. **The normal range is between 18.5 and 25.**







# THE HEALTHYROADS COACHING PROGRAM

We want you to have the tools you need to change or continue your path to better health. If your biometric numbers aren't where you want them to be, the Healthyroads Coaching program can help you decrease your risks or manage a health condition. Employees and spouses/FIPs are eligible to participate in the Healthyroads Coaching program at no cost!

Whether your goal is to manage your weight, quit smoking, exercise more, or stress less, Healthyroads Coaching programs give you the motivation and information you need to change your everyday habits and reduce the risks of serious health conditions that can result from obesity, smoking, and other unhealthy behaviors.

Healthyroads Coaching is offered by health coaches who are experienced and able to provide the education, motivation, and support for your unique personal health goals.

Visit the Healthyroads site to enroll today! Or, contact customer service to get connected with a Healthyroads Coach.®

**Participation in a coaching program is completely voluntary**, but it's a convenient way to earn credits toward your incentive. YOU choose the Healthyroads Coaching program that best suits your needs. When you participate in the coaching program and complete a progress review session with a coach, you can choose one of 8 Milestone Kits, which feature exercise, weight management, or stress management products that can help you reach your health goals.

### COACHING HOURS:

Monday – Friday 5 a.m. – 6 p.m. (Alaska)  
 Saturday 6 a.m. – 2:30 p.m. (Alaska)



Aquatic Exercise Kit



Exercise Kit



Pilates Kit



Stress Management Kit



Tai Chi Kit



Walking Kit



Weight Kit



Yoga Kit



## A LIFELONG JOURNEY

Use these tools to take stock in your health and continue on your path today, tomorrow, and forever. The way to a healthier you is at your fingertips! Log on to **Healthyroads**, email **service@ashn.com**, or call **877.330.2746**, Monday through Friday, from 5 a.m. to 5 p.m. (Alaska), and travel to total health today.



Your employer is committed to helping you achieve your best health status. Rewards for participating in a wellness program are available to all employees/spouses/FIPs enrolled in the health plan. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Healthyroads will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

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