Health Assessment Questions

What is a health assessment? The health assessment, part of the Simple Steps To A Healthier Life online wellness program from Aetna, is a comprehensive questionnaire that can help you learn more about your health risks and what you can do about them. It takes just about 20 minutes to complete and consists of questions in five sections:

✓ Health & Lifestyle
✓ Health History
✓ Health Screenings
✓ Work & Daily Life
✓ Barriers & Support

How do I access the health assessment? Simply visit www.aetna.com. You’ll need to register for your secure Aetna Navigator member website first. Then, log in and select “take a health assessment” to get started.

When must the health assessment be completed? You must complete the health assessment by December 1, 2011 (in addition to having your biometric screening between September 12 – October 8) in order to qualify for the $75 reward card.

What information will I need in order to complete it? Be sure to have your member ID card handy with your Aetna member ID number, as well as the results from your biometric screening.

Does the University have access to my information? No, your individual information is not shared with the University.

If I took my health assessment prior to September 12, do I need to update it in order to qualify for the reward? Yes, you should update your health assessment with the results from your biometric screening.

Wellness Rewards

How do I earn wellness rewards? You can earn wellness rewards for completing the following actions:

✓ Completing the health assessment and biometric screening (both must be completed to earn the $75 Visa reward card);
✓ Completing items on your Aetna Member Health Engagement Plan (MHEP) “To Do” list;
✓ Participating in the Beginning Right® Maternity Program;
✓ Participating in Weight Watchers®;
✓ Participating in Quit for Life® Tobacco Cessation Program.

How long do I have to complete these actions? The biometric screening must be done during the screening period of September 12 – October 8. You have until December 1, 2011, to complete the health assessment. Remember, you must complete both the biometric screening and the health assessment in order to qualify for any other wellness rewards described on pages 2 and 3 of the enclosed brochure.

Good Health Starts Here.

Card program issued by The PrivateBank and Trust Company pursuant to a license from Visa U.S.A. Inc.
General Questions

Why is the University implementing this program? The University of Virginia cares about your good health. When you’re healthy, you have the energy and focus to do your best work. You can reach for career and personal goals, and achieve them. We want to help you get healthy and stay healthy.

That’s why we’ve invested in Aetna wellness programs that help you know more about the state of your health and how to improve it. The Hoo’s Well® program takes a “whole-person” approach, providing services, information and personalized coaching that support better health and well-being through every stage of life.

Who can participate? All academic and medical center employees and spouses who are covered under the University of Virginia Health Plan (UVa Health Plan) can participate.

Is participation mandatory or voluntary? Participation in the Hoo’s Well® program is completely voluntary.

Do I have to pay for this? All but one Hoo’s Well® program is currently available at no cost to you. Weight Watchers® participation does require payment from you.

Who can participate? All academic and medical center employees and spouses who are covered under the University of Virginia Health Plan (UVa Health Plan) can participate.

Will I know what my measurements are? Yes. You will be provided a screening sheet listing all of your measurements. You can provide this document to your doctor and discuss results.

What if my report indicates something of concern? You will be directed to follow-up with your primary care doctor. If you do not have a primary care doctor, we will recommend that you contact Employee Connection to obtain an appointment and establish a relationship with a primary care doctor. You can read more about their services at www.healthsystem.virginia.edu/internet/UVaEmployeeConnection/home.cfm.

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Will my doctor receive this information? No, this report is not sent to your doctor. However, participants are strongly encouraged to share their screening results with their doctor. You can bring the report to your next visit, or once you register for Aetna Navigator, you can authorize your doctor to view your Personal Health Record (PHR).

What is my Personal Health Record and how do I access it? A PHR is an online service – accessed through Aetna Navigator – that provides a secure place for health information gathered from:

✓ Your medical claims
✓ Your own entries
✓ Your health assessment, a questionnaire that’s part of the Simple Steps To A Healthier Life® program (see “Health Assessment Questions”)

You can access your PHR through Aetna Navigator at www.aetna.com. Look for the Personal Health Record link under “Health Records.” When you access your PHR, you will see an option which allows you to give access or “share” your PHR with one or more of your doctors.

It’s important to know that results obtained through the biometric screening and information in your PHR are kept private and secure, and is not shared with the University of Virginia, even when your primary care doctor works for UVa.

Who else will get my screening results? Aetna will receive this information and, in doing so, will be able to determine if an individual may be a candidate for one of the health improvement programs offered to University of Virginia Health Plan participants. You may be contacted by program counselors recommending care, biometric screening and health risk assessment questions.

If I recently had blood work done elsewhere, can those results be used? No. In order for the screening results to become part of your Personal Health Record, all measurements must be obtained via the biometric screening events associated with this program.

Can my spouse participate? Yes, if covered by the UVa Health Plan. However, other dependents are not eligible. Spouses are required to present their UVa Health Plan/Aetna membership card.

Biometric Screening Questions

What is a biometric screening? A biometric screening provides an assessment of an individual’s basic health status and offers valuable insight into a person’s health risks. The screening includes blood pressure, height, weight, waist circumference, BMI, total cholesterol, high and low-density cholesterol, triglycerides and blood sugar (glucose).

Do I need an appointment or can I just walk into one of the screenings? Appointments are required.

Can I participate during work time? Definitely. We have scheduled these screenings to be most convenient for employees during the workplace and participation should be considered time worked. This depends upon adequate staffing in your area; please discuss your participation with your supervisor to find an appropriate time. The testing itself only takes 10 minutes so the time away from work should be minimal. We will be offering Saturday screenings for those who have difficulty getting to the screenings Monday through Friday.

Will afternoon screenings be available? Due to the need for employees to fast, it was determined that afternoon screenings would not be appropriate.

How long will the screenings be available? Screenings will be held from September 12 – October 8, 2011, Monday – Saturday, by appointment only, 7 a.m. – 11 a.m. in support of the launch of Hoo’s Well®. Biometric screenings must be completed by October 8, 2011 in order to qualify for a reward.

What if I live far from one of the screening locations? A screening will be held in Charlottesville, and outside a 50-mile radius of Charlottesville.

How are the screenings administered? A screening includes blood pressure, height, weight, waist circumference, BMI, total cholesterol, high and low-density cholesterol, triglycerides and blood sugar (glucose).

What if I live far from one of the screening locations? A screening will be held in Charlottesville, and outside a 50-mile radius of Charlottesville.

How long will the screening take? The entire process will take approximately 10 minutes and will be performed as privately as possible.

How are cholesterol levels obtained? The Cholestech LDL® system will be used at the screenings on Grounds. The process includes obtaining a finger stick blood sample, placing the sample on a cartridge, the machine will then calculate cholesterol levels. The Cholestech LDL system is a dependable screening tool. To read more, visit www.cholestech.com/products/accuracy&reproducibility.htm.

Will I receive a card to remember my results? Yes. You will be provided a screening sheet listing all of your measurements. You can provide this document to your doctor and discuss results.

What do I need to do? Follow these simple steps for participation in the program.

Step 1: Schedule an appointment for your biometric screening.

Screenings will be held from September 12 – October 8, 2011, Monday – Saturday, by appointment only, 7 a.m. – 11 a.m. in support of the launch of Hoo’s Well®. Biometric screenings must be completed by October 8, 2011 in order to qualify for a reward.

If you live... You will obtain your biometric screening through...

Within 50 miles of Charlottesville... WorkMed on UVa Grounds Visiting www.hooswell.com

Outside a 50-mile radius of Charlottesville, but within 20 miles of a Quest Patient Service Center... Summit Home Test Kit Calling the UVa Human Resources Service Center at 434.982.0123 to request a Home Test Kit

Outside a 50-mile radius of Charlottesville, and outside a 20-mile radius of a Quest Patient Service Center... Quest Patient Service Center Calling the Blueprint for Wellness® Call Center at 866.908.9440, Monday – Friday, 8 a.m. – 9:30 p.m. ET, or Saturday, 8:30 a.m. – 5 p.m. ET

Screenings are completely voluntary.

Step 2: Take the health assessment.

Visit www.aetna.com and register on the secure Aetna Navigator® member website. Log in and select “take a health assessment” to get started. Assessments must be completed by December 1, 2011 in order to qualify for a reward.

Step 3: Earn your rewards.

You must complete both the biometric screening by October 8 and the health assessment by December 1, 2011 in order to qualify for the $75 Visa® reward card. Employee rewards will not be paid for incomplete participation.

How can I find out more about the Hoo’s Well® program? Visit the UVa Human Resources webpages at www.hr.virginia.edu/go/hooswell.

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Do I have to pay for this? All but one Hoo’s Well® program is currently available at no cost to you. Weight Watchers® participation does require payment from you.

Will retirees be eligible to participate? Yes. Retirees who are covered under the UVA Health Plan are eligible to participate.

Do I need an appointment or can I just walk into one of the screenings? Appointments are required.

Can I participate during work time? Definitively. We have scheduled these screenings to be most convenient for employees during the workday and participation should be considered time well spent. This depends upon adequate staffing in your area; please discuss your participation with your supervisor to find an appropriate time. The testing itself only takes 10 minutes so the time away from work should be minimal. We will be offering Saturday screenings for those who have difficulty getting to the screenings Monday through Friday.

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Can my spouse participate? Yes, if covered by the UVA Health Plan. However, other dependents are not eligible. Spouses are required to present their UVA Health Plan/Aetna membership card.

Step 1: Schedule an appointment for your biometric screening.

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Step 2: The health assessment.

Visit www.aetna.com and register on the secure Aetna Navigator® member website. Log in and select “take a health assessment” to get started. Assessments must be completed by December 1, 2011 in order to qualify for a reward.

Step 3: Earn your rewards.

You must complete both the biometric screening by October 8 and the health assessment by December 1, 2011 in order to qualify for the $75 Visa® reward card. Employee rewards will not be paid for incomplete participation.

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If you live …

Within 50 miles of Charlottesville: WorldMed on UVa Grounds

Outside a 50-mile radius of Charlottesville, but within 20 miles of a Quest Patient Service Center:

Outside a 50-mile radius of Charlottesville, and outside a 20-mile radius of a Quest Patient Service Center:

If you live …

You will obtain your biometric screening through

You can register for your screening by ...:

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Step 1: Schedule an appointment for your biometric screening.

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What information will I need in order to complete it?  Be sure to have your member ID card handy with your Aetna member ID number, as well as the results from your biometric screening.

Does the University have access to my information?  No, your individual information is not shared with the University.

If I took my health assessment prior to September 12, do I need to update it in order to qualify for the reward?  Yes, you should update your health assessment with the results from your biometric screening.

Wellness Rewards

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How long do I have to complete these actions?  The biometric screening must be done during the screening period of September 12 – October 8. You have until December 1, 2011, to complete the health assessment. Remember, you must complete both the biometric screening and the health assessment in order to qualify for any other wellness rewards described on pages 2 and 3 of the enclosed brochure.

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