

## Program Overview

Congratulations! You have the opportunity to participate in the HealthPlus Wellness Program. This means there are two **new** opportunities for you to live healthier and be rewarded\*! By choosing to participate in HealthPlus Wellness Program you will qualify to be earn up to \$75 in gift cards!

*\*All Federal Government employees, spouses and dependents 18 and over that are that have elected the HealthPlus medical plan are eligible.*

The **two new opportunities** are:

**1. Complete the online Wellness Assessment by June 30 to earn a \$50 gift card.**

The *Wellness Assessment* is a questionnaire with 50-60 questions that will take about 20 minutes to complete. It is available on the HealthPlus website at [www.healthplus.org/healthieru](http://www.healthplus.org/healthieru). You must register using your HealthPlus ID number located on your insurance card to create a user name and password to enter the secure portion of the HealthPlus website. Have your numbers handy- such as your blood pressure, total cholesterol, HDL cholesterol, glucose (blood sugar), and weight available to enter as part of the questionnaire. If you don't have these numbers at the time you complete the assessment that is okay, you can still complete it. Upon completion, you will receive a wellness score and a summary report to assist you to live a healthier lifestyle. Employees, spouses and dependents 18 and over that complete the wellness assessment by June 30 will earn a \$50 gift card to a retailer of their choice (from over 60 to choose from). Gift card redemption instructions will be mailed to qualifying employees after July 15.

**2. Complete a biometric lab screening by June 30 to earn \$25 gift card.**

You should have received a Wellness Lab Request form in the mail in April. This lab request is to be can be taken to any JVHL or Quest Diagnostics lab for blood tests- lipid panel and glucose. If you do not have a Wellness Lab Request form, you may see your primary medical provider to have these tests completed or if you have already had them completed, please complete Wellness Lab Affidavit and fax to HealthPlus Health and Lifestyle Management at 810-496-8470. Employees, spouses and dependents 18 and over that complete the biometric lab screening by June 30 will earn a \$25 gift card to a retailer of their choice (from over 200 to choose from). Gift card redemption instructions will be mailed to qualifying employees after July 15.

In addition to these two opportunities- HealthPlus is there to help you become a healthier U™ with a variety of other programs:

- ✓ A monthly e-newsletter, Healthier U™ Bits and Bytes that includes health resources available to you including exclusive discounts, wellness challenges, trackers, etc.
- ✓ An invitation to participate in the health coaching program (if eligible)
- ✓ A mailed personalized letter detailing their recommended next steps which could include seeing your provider, enrolling in health coaching, talking with a chronic care counselor, etc.
- ✓ Access to thousands of interactive health information tools and programs

If you have questions you are interested in any of the above programs, call HealthPlus at 1-866-810-4540.