

ChooseWell

Personal Health Appraisal

Who does this affect? Employees and their family members covered under the UA medical insurance plan

Deadline: December 15, 2006

The University of Arkansas announces a new wellness and preventive care program called "ChooseWell." It is designed to assist you and your family in leading healthier lifestyles.

One feature of ChooseWell will be a quarterly newsletter mailed to your home. You'll receive the first issue in early October. It will highlight the new Personal Health Appraisal that is available through the QCARE medical management department of QualChoice.

Personal Health Appraisal (PHA)

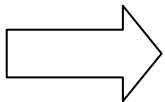
The purpose of the PHA is to help covered employees and their spouses who are at risk of developing a chronic disease. The PHA is a risk assessment tool that will provide you with a health action plan that will assist you in managing your health condition.

How the PHA works:

1. Complete the PHA **between October 16 and December 15**. It must be done within this timeframe to be eligible for the premium discount described on the back of this page.
2. Go to the Human Resources homepage at www.uams.edu/ohr for a link to the online PHA. Instructions and helpful hints will be provided, starting October 16. The PHA is a part of QualChoice's secure and confidential website. Individual information is not accessible by nor shared with anyone in our office or the University.
3. If you don't have access to a computer at work or home, contact our Employee Services office at 686-5650. We can help you complete the PHA online in our office or provide you with a paper form.
4. The PHA will take about 20 minutes to complete. You don't have to complete it all at once. You can come back to it if you don't have answers readily available.
5. Before you start the PHA, you should have this information ready: average of your blood pressure reading, waist size in inches, and blood work (lab) results. The labs include Total Cholesterol, HDL, LDL, Triglycerides and Glucose levels. Lab results must be within the last 12 months.
6. If you don't have current lab results, you will need to schedule that through your in-network primary care physician's office. Be sure to schedule that well ahead of the December 15 deadline to allow for results to be processed. Our medical plan will cover

the blood screenings/lab work. If your physician wants to see you or conduct a physical (which is recommended annually), you would pay a \$20 office visit copay.

7. You also have the option to schedule labs through the two primary care clinics on campus: (1) **Family & Preventive Medicine, 686-6560** or (2) **University Private Medical Group, 686-8000**. Call either of these clinics if you do not have a primary care physician, or if you prefer the convenience of getting your labs performed on-campus. In order to receive accurate results, you will need to fast starting at midnight the night before your appointment. For that reason you might consider scheduling a morning appointment. When you make your appointment, please advise the clinic that you are a UAMS employee and need labs in order to complete your Personal Health Appraisal. Both clinics will notify you of the results in writing (or email) and will advise you to contact your physician if any results are abnormal.
8. After completing the PHA you'll immediately get your body mass index (BMI). You will also be given access, at your request, to **QCARE health coaches** who are trained to educate and motivate behavior changes. Your QCARE health coach will assess your readiness to change and help you set and achieve your wellness goals. Maybe you need assistance in smoking cessation, weight loss or weight management, diabetes, or hypertension. Maybe you just want to know what you can do to lead a longer, healthier life. Or perhaps you are in optimal health and deserve a pat on the back for being conscientious. QCARE coaches will also help you to understand what is covered under your wellness and preventive care benefits.
9. While your health is the ultimate reward, there is another incentive for completing the Personal Health Appraisal.



A one-time premium discount of \$100 will be provided to each employee and spouse who completes the PHA.

That means your premium cost -- the amount deducted from your paycheck -- will be reduced by \$100, or \$200 if your covered spouse also completes the PHA. This discount will be applied to a payroll in February 2007.

To get the \$100 employee premium discount in February 2007, you must:

- be covered under the UA Medical Plan as of October 1, 2006, and
- complete the PHA online between October 16 and December 15, 2006.

To get the \$200 employee/spouse premium discount in February 2007, you and your spouse must:

- both be covered under the UA medical plan as of October 1, 2006, and
- each complete the PHA online between October 16 and December 15, 2006.

While children can take the PHA and use QCARE services, the premium discount only applies to employees and covered spouses.

Note to Faculty Group Practice Members and Medical Residents/Housestaff: If you currently do not have a payroll deducted medical premium, the premium discount will not apply to you. However, we encourage you to take advantage of QCARE services and complete the PHA.

To contact a QCARE representative by phone, call toll-free at 888-795-6810.