Have 20 minutes?
It could add years to your life and up to $200 toward your share of your UMS healthcare premium.

100 Reasons To RiseUP!
a financial incentive and rewards program for UMS employees and their families who make wellness a priority.

Act before June 4, 2010 to receive a $100-$200 incentive!*
100 Reasons To RiseUP!
The Healthy Lifestyles Health Assessment

UMS is offering a financial incentive to motivate you to learn what you can do to improve your health. Anthem’s Healthy Lifestyles Health Assessment is an online questionnaire that will:

- help you to understand your overall health status,
- provide you with a personalized report to identify your risks for developing many preventable conditions,
- suggest action steps using an interactive dashboard that literally shows you the effects of changing your lifestyle,
- link you to health coaches, Anthem programs and resources that can help reduce your health risks and help you keep your commitment to better health.

Whether you think you’re perfectly healthy or know you have a few areas you can work on, taking the Healthy Lifestyles Health Assessment may be the smartest thing you can do for your health. Our goal is to enable employees to improve their health and the health of their families that could lead to a decrease in the escalating cost of our medical plan.

Complete the Healthy Lifestyles Health Assessment before June 4, 2010 to receive a one-time $100 incentive credit towards your share of your UMS health insurance premium and an additional $100 credit for your spouse/domestic partner who is covered by the University health insurance plan and who also does so voluntarily. To receive the financial incentive*, you and/or your spouse/domestic partner must complete the entire Health Assessment and must indicate a willingness to accept health coaching by telephone for health risks identified by the Assessment. The incentive will appear in your paycheck.

*This incentive program is available to all represented and non-represented employees and their spouses or domestic partners who are enrolled in a UMS health plan.

Your personal data and results are completely confidential and can never be accessed by UMS.

To print a handy Checklist to help you prepare for your Health Assessment, visit:

www.umsriseup.info > 100 Reasons To RiseUP > Checklist

It’s easy to get started. After you learn your biometric numbers,

- Visit: www.umsriseup.info > 100 Reasons To RiseUP > Health Assessment
- Register for MyAnthem and Healthy Lifestyles (you’ll need your Anthem member ID number).
- Complete all sections of the Health Assessment – you cannot save halfway through and must complete the entire assessment at once. After you complete it, your results will be displayed immediately. You can print out a copy.

The Health Assessment is voluntary, which means that UMS will neither require participation, nor penalize employees who do not participate. The Health Assessment will be completely confidential and compliant with the Health Insurance Portability and Accountability Act (HIPAA), Americans with Disabilities Act (ADA) and Genetic Information Nondiscrimination Act (GINA).
Know Your Numbers

Your health counts. What we really mean is: *know your biometrics*.

- Your health assessment questionnaire will ask you to provide biometric information including your weight, waist measurement, cholesterol, blood pressure and body mass index.
- For the most accurate results, biometrics should be no more than six months old. Free screenings will be available on your campus soon or you may see your personal physician.

**It’s Important to Know Your Numbers**

During regular checkups, your doctor will most likely perform a few routine tests. When you receive your results, keep track of them. It’s important to know your numbers. Here’s why:

**Cholesterol**

Your body produces two types of cholesterol: HDL, known as good cholesterol because it protects against dangerous blockages in the arteries that can lead to heart disease; and LDL, known as bad cholesterol because it is more likely to clog arteries and produce heart disease. Total cholesterol is a combination of LDL cholesterol, HDL cholesterol, and triglycerides (another form of fat in your body). The goal is to have your LDL levels less than 100, HDL levels greater than 40 and triglycerides less than 150. A healthy total cholesterol level is a reading of less than 200 mg/dl.

**Blood Pressure**

One of the most important things you can do to reduce your risk of a stroke or heart attack is to keep your blood pressure at a healthy level. Ideally, your blood pressure should be lower than 120/80.

**Glucose**

Monitoring blood glucose levels is critical in the early detection and treatment of diabetes, a disease that can damage the heart, kidney, nerves, blood vessels or eyes. While blood glucose levels will vary, ideal fasting blood glucose is between 70 – 110 mg/dl. Note: On campus screenings do not require you to fast. If you are concerned about your glucose levels, you should see your doctor for follow-up care.

**Body Mass Index (BMI)**

BMI is a tool that indicates your obesity status. To get your BMI:

- Multiply your weight by 703
- Divide the result by your height in inches
- Divide this number by your height in inches again

Your recommended BMI varies by your gender and age, but generally falls into the following categories:

- Below 18.5 Underweight
- 18.5 – 24.9 Normal
- 25.0 – 29.9 Overweight
- 30.0 and above Obese
Healthy Lifestyles

Help Yourself to Better Health

Whether you want to lose weight, eat healthier, exercise more or just feel better, Healthy Lifestyles has the online tools, resources and support you need to set personal goals and keep track of your progress. You’ll receive other rewards besides improved health. You can earn points to be redeemed for prizes such as gym bags, headphones, T-shirts and more.

Healthy Lifestyles helps you stay motivated by providing you with:

- nutrition trackers
- smoking cessation programs
- online community forums
- online fitness tracking
- customized workout plans
- online coaching and support

If you haven’t yet enrolled, sign up at www.umsriseup.info > 100 Reasons To RiseUP > Healthy Lifestyles

Receive One-On-One Coaching to Improve Your Health

We all want to live and feel better. We know that early detection of potential health issues can lead to better health. Based on the results of the Healthy Lifestyles Health Assessment, you may receive a call from an Anthem-affiliated health care professional who will connect you with important, up-to-date information and programs that can help you find your way to better health.

For some, Health Coaching assistance may be as simple as directing you to Anthem tools and resources that will improve your health. It could be just the motivation you need to improve nutrition, lose weight or get on a regular exercise program.

Employees with chronic medical conditions or multiple health issues who agree to participate in this confidential program will receive regular phone calls and support from a team of nurses and clinicians who will help them determine the kind of help they need so they can learn to anticipate their symptoms and manage them better.

---

Healthy Lifestyles offers you the help you need for the health you want.

100 Reasons To RiseUP!

1 Take a bold step toward improving your health...and save $100 on your medical premium ($200 if your spouse/domestic partner is covered).

2 Register online for Anthem’s Healthy Lifestyles to earn points that can be redeemed for prizes.

3 Receive one-on-one coaching for health concerns and earn even more Healthy Lifestyle points.

We all have our reasons to RiseUP. Let’s make 2010 the year that wellness is a worthwhile reason to get up, get going and get healthy.

Need more information? Check the Frequently Asked Questions posted on the RiseUP website. In the meantime, please review How to Prepare for Your Health Assessment, at www.umsriseup.info > 100 Reasons To RiseUP > Checklist.