Making Healthy Changes – A Health and Wellness Program from UMR

When you’re ready to work on improving your overall health, it’s nice to have a team of wellness experts on your side.

GRMC is teaming with UMR Care Management to offer a health and wellness program to plan members who are enrolled in a GRMC medical plan.

Most chronic diseases are preventable
Through healthy lifestyle choices, many chronic medical conditions can be prevented. The health and wellness program evaluates your risk for developing a chronic disease and supports you in making behavior changes to live a healthier life.

Clinical Health Risk Assessment (CHRA)
The CHRA helps you focus on making healthy lifestyle choices and evaluates your risk for developing a chronic disease so you can take action to reduce your risks.

The CHRA is composed of questions about your general member information, medical history and lifestyle habits.

On-site biometric screening
GRMC will provide members with an opportunity to participate in on-site biometric screenings that include height, weight, as well as blood tests to measure total cholesterol and glucose levels. These tests provide valuable data used in calculating current and future risks.

**Note: All biometric screenings must be completed during December 2013 and January 2014 to participate in the incentive program.

CHRA report and biometric screening results
Your biometric test results are combined with your CHRA responses to produce a customized report that identifies your areas of strength and opportunities for improvement.

Your personal report provides your individual wellness score and improvement targets. It clearly outlines the steps you will need to take to meet your improvement goal before next year’s screening to receive your incentive.

In addition, if your report indicates you are at high risk for developing a chronic condition, such as diabetes or heart disease, you may want to share your report with your personal physician. Together, you can discuss ways to reduce your risks and avoid or delay the development of a chronic disease.

Incentive for reaching wellness improvement targets
For employees in the Choice HDHP plan, by completing the actions below, you will receive up to $500 in 2014 in wellness incentives.

- Complete your biometric screening during the month of December 2013 and January 2014.
- Complete your CHRA between January 1, 2014 and February 28, 2014 (no earlier, no later)
**Education**  
- Complete approved Weight Management Program  
  - Points 50  
- Complete approved Diabetes Education Series  
  - Points 50  
- Complete online Action Plans  
  - Points 25  
- Complete GRU Healthy You Education Class  
  - Points 10  
- Complete approved Smoking Cessation Program  
  - Points 100  

**Healthy Lifestyles**  
- Exercise Log (provided by fitness center during 2014 calendar year)  
  - Points 100  
- Complete GRU Healthy You Online Challenge  
  - Points 50  
- Participate in and complete telephonic coaching Program  
  - Points 150  
- EAP Self-Assessment Tool  
  - Points 50  

**Preventive Care**  
- Obtain Annual Preventive Exam  
  *(Maximum allowed 300 per calendar year)*  
  o Routine Physical  
    - Points 50  
  o Mammogram for women 40+  
    - Points 50  
  o PAP screening for women 18+  
    - Points 50  
  o Colorectal cancer screening over age 50  
    - Points 50  
  o Coronary Artery Calcium Screening  
    (age 55 to 75 for men, age 45 – 75 for women)  
    - Points 50  
  o Preventive Dental Screening  
    - Points 25  
  o Vision Screening  
    - Points 25  
  o Hearing Screening  
    - Points 25  

**Other**  
Donate Blood – (2x/calendar year)  
  - Points 100  

**1 Point = $1**

**Work with a knowledgeable supportive health coach**  
When you are ready to take action and make a healthy lifestyle change, you will be assigned a personal health coach.

Your health coach will help you better understand your areas of risk and offer suggestions for realistic actions to help you succeed in reaching your health goals.

**Something for everyone: Online Wellness Tools**  
UMR’s health and wellness tools are available online. With myHealthTools, you can identify your current and future health risks, set goals and track your progress and maintain a personal health record.

**Action Plans**  
Action Plans are interactive online educational modules. By enrolling in an Action Plan, you can participate in programs specific to your health needs, such as Heart Disease Prevention, How to Increase Physical Activity, How to Stop Smoking, Managing Stress and Weight Management.

**Personal Health Record**  
Your Personal Health Record provides a secure, centralized location to record information such as your medical history, medications and emergency contacts. You can use the report feature to download and print this important information for your medical providers.

All members, regardless of risk level, are encouraged to take an active role in managing their health by receiving their appropriate screening tests and immunizations and by making healthy lifestyle choices.

**Your health information is confidential**  
The UMR health and wellness program is confidential. No individual health information is shared with your employer.

**No participation fees**  
There is no cost to participate. This program could add years to your life and life to your years.