



# 2016 Healthy Opportunities Wellness Campaign Overview



## Healthy Opportunities Wellness Program

The State of Iowa invites you to participate in the Healthy Opportunities Wellness Program. The program seeks to promote and support health awareness, individual responsibility for a healthy lifestyle, decreased risk of disease and enhanced quality of life. Your participation in the program is encouraged by reducing your share of the health insurance premium.

## Participation in the Wellness Program

Participation in the 2016 Healthy Opportunities Wellness Campaign is voluntary. However, if you choose to participate you are required to complete:

- A Biometric screening
- An Online health assessment, and
- Six telephonic health coaching calls, if identified to participate in the 2015 campaign

If you complete all of the requirements listed above, you will receive a premium reduction. The 2015 premium reduction was \$111 for Executive Branch Non-Contract employees and \$62 for SPOC employees.

## IMPORTANT DATES

<b>Biometric Screening Options</b>	<b>Time Frame</b>
Home Test Kit *	<b>July 14 – August 1, 2015</b> (Postmarked no later than August 15, 2015)
Physician Fax **	<b>July 15 – August 1, 2015</b> (Fax by August 11, 2015 ) (Test results with a service date between January 1 and July 31, 2015)
Participating Hy-Vee *	<b>August 1 – September 5, 2015</b>
Onsite Location *	<b>August 11 – September 9, 2015</b>
<b>Health Assessment</b>	<b>October 1 – October 23, 2015</b>

\*There is no cost to you for these screening options.

\*\*If you visit your physician, you will be responsible for your health insurance plan's required copay or coinsurance.

## Biometric Screening

Biometric values offer a snapshot of your current health status. Biometric screenings are not diagnostic tools, but the results can indicate your level of risk for developing certain diseases and medical conditions. If you have questions about your screening results, talk with your health care provider.

### DPS SPOC and Non-Contract Sworn Officers

The annual mandatory fitness testing results for DPS SPOC and Non- Contract Sworn Officers will be used for the biometric screening component of the Healthy Opportunities Wellness Program.

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## Four Options to Complete the Biometric Screening

**Hy-Vee:** You can complete your biometric screening at participating Hy-Vee pharmacies.

**Onsite Locations:** Biometric screenings will be available in a number of state locations throughout Iowa.

**Home test kit:** You self-administer the biometric screening by placing blood on a specially treated paper and mail it to the processing lab in a preaddressed, prepaid mailing envelope.

**Physician Office Fax:** You can visit your health care provider and have a lipid panel and glucose test. The form that your health care provider needs to complete and fax is posted on the Healthy Opportunities website here -

[https://das.iowa.gov/sites/default/files/hr/wellness/2016%20HO%20campaign/2016-physician\\_fax\\_screening\\_form.pdf](https://das.iowa.gov/sites/default/files/hr/wellness/2016%20HO%20campaign/2016-physician_fax_screening_form.pdf). If you had the lipid panel and glucose test performed in 2015, you will be able to use those test results for the 2016 campaign's biometric screening requirement. Test results with a service date between **January 1, 2015** and **July 31, 2015** will be accepted.

No matter which method you use for your biometric screening, you will receive a system generated email from WebMD when the tests results are uploaded into WebMD's system.

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## Health Assessment

The next step is to complete the online health assessment. In order to complete your online Health Assessment, you will need to register at the Wellmark website ([www.wellmark.com](http://www.wellmark.com)). The health assessment is a series of questions used to evaluate current health status and quality of life. The tool promotes health awareness by assessing your lifestyle practices and revealing health issues that could be impacted by personal choices.

Upon completing the health assessment, you will receive immediate results. You will also be presented with personalized risk and condition reports that are based on the responses you provide in the health assessment. The results also include embedded links to resources.

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## Healthy Opportunities Wellness Activities on Work Time

**Biometric Screening:** You will be allowed to use a reasonable amount of time away from work, up to two hours, to complete your biometric screening at a participating Hy-Vee, an onsite screening or during a physician office visit.

**Health Assessment:** You can complete the health risk assessment on work time and via a State of Iowa issued computer. It should take a maximum of 30 minutes to complete the assessment.

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## Health Coaching

Based on the results of your biometric screening and health assessment, you may be a required to participate in the telephonic health coaching program. If you are identified to participate:

- You will receive a system-generated e-mail notifying you, and
- A letter will also be mailed to your home.

If you are identified to participate in telephonic health coaching in 2016, you are required to have **six (6) calls** with a WebMD Health Coach prior to **June 30, 2016**.

If you do not complete the required coaching calls by **June 30, 2016**, you will not be eligible for the health insurance premium reduction in 2017.

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