

Take care of yourself!



Complete your 2008 HRA

Safeguard your health! At Aurora Health Care, we are committed to finding better ways to improve the health and wellness of people in the communities we serve. That includes you! The confidential health risk assessment (HRA) will help you learn how to manage and improve your health.

To help create a healthy environment at Aurora, we're offering employees confidential and free HRA screenings and an online health questionnaire from May 1 through July 31.

The HRA consists of a two-step process. In the first step, you receive a HRA screening that includes:

- A blood pressure check
- A cholesterol, HDL and glucose (blood sugar level) check
- A body mass index (BMI) determination using your height and weight

In step two, you complete an online health questionnaire. After you complete your HRA screening, you'll receive instructions on how to access the security-protected University of Michigan health questionnaire website. There you'll enter your HRA screening results and answer questions related to your health and wellness. Completion of the questionnaire takes about 10 minutes. It's as easy as that!

After completing the questionnaire, you'll receive a personalized, 8-page health risk appraisal profile containing your wellness score, health analysis, plus information to help you safeguard your health. This information is completely confidential (no one at Aurora sees your results) and is designed to help you maintain and develop your best health. Providing the best patient care requires a healthy environment at Aurora. You can do your part to create a healthy environment by completing your HRA. Be a partner in your own good health and enjoy the life you're entitled to live!

The HRA may very well be one of the best – and easiest – preventative health care choices you make. I plan to take my HRA every year and invite you to schedule yours.

Warm Regards,

Bruce Van Cleave, MD
Senior Vice President & Chief Medical Officer

Register today for your HRA

Go to *iConnect*, then click on the quick link for Health Risk Assessment

2008 Aurora Health Care HRA and Wellness Incentive

Receive Up To \$100*

\$40 Take a HRA screening and complete the HRA online questionnaire between May 1 and July 31, 2008

Based on HRA Screening Goals, receive up to \$60 more.

\$20 If your blood pressure is $\leq 120/80$

\$20 If your total cholesterol is ≤ 200 **or** HDL ≥ 40 for males, 50 for females

\$20 If your BMI ≤ 27.5 **or** Body Fat % is within range in table below.**

\$100

What if I don't meet the HRA Screening Goals

If you don't meet one or more of the HRA Screening Goals, you can still receive \$20 for each goal that you meet by October 31, 2008.

Blood Pressure $\leq 120/80$ **or** Blood Pressure is lowered by a minimum of 10 points **or** Blood Pressure is managed by HTN medication

Total Cholesterol ≤ 200 **or** HDL ≥ 40 for males, ≥ 50 for females **or** Total Cholesterol is lowered by a minimum of 10 points **or** Total Cholesterol is managed by medication

BMI ≤ 27.5 **or** Body Fat % within recommended range for age and gender **or** BMI is lowered by 1 point

To demonstrate that you've met one or more of the alternate goals, you must have your health care provider or an Aurora Employee Health Nurse complete the "Alternate HRA Screening Results Form." In order to receive the incentive payment, you must complete the online HRA by July 31, 2008 and fax your "Alternate HRA Screening Results Form" to the Aurora Wellness Coordinator by October 31, 2008. (If you meet the alternate goal through medication management, you must also submit a current pharmacy receipt that shows your name, date and the medication name.) NO payments will be made unless completion of the online HRA can be verified. Your name on the online HRA must match the name on your Aurora pay statement or verification will not be possible. The Aurora Wellness Coordinator will only have access to names. No individual information will be available to anyone other than you.

* After taxes. Incentive will be indicated on pay statement. In order to receive the incentive payment, you must complete the online HRA by July 31, 2008 and fax your "HRA Screening Results Form" to the Aurora Wellness Coordinator. NO payments will be made unless completion of the online HRA can be verified. Your name on the online HRA must match the name on your Aurora pay statement or verification won't be possible. The Aurora Wellness Coordinator will only have access to names. No individual information will be available to anyone other than you.

** % Body Fat Table

Age	Female	Male
20 – 39	21% – 33%	8% – 20%
40 – 59	23% – 34%	11% – 21%
60 – 79	24% – 36%	13% – 25%