



HealthAdvocate Solutions™

## **Introducing Your NEW Drexel University Wellness Incentive Program through Health Advocate!**

Dear Valued Employee,

We're pleased to announce a new Wellness Program that is being added to your Drexel University benefits for 2017. The Drexel University Wellness Incentive Program through Health Advocate is designed to help you make great strides towards improving your health.

### **NEW! The Wellness Program Through Health Advocate Helps You Get and Stay Healthy!**

Through the Wellness program you have access to a range of tools designed to help you and your eligible family members lose weight, quit tobacco, eat better or reach other personal health goals. You can access these online health tools through the wellness portal to help keep you on track 24/7:

- Personal Health Profile (PHP): Determine your risk for disease
- Interactive challenges: Try them on your own or join a company sponsored challenge
- Online health trackers, health and wellness blog, tools and wellness workshops
- Link your FitBit or other fitness device or app to track your activity

And more!

### **Who is Eligible?**

Your Health Advocate Wellness benefit is available to benefit eligible employees, spouses and dependent children over the age of 18. Along with having access to the Wellness benefit, Drexel employees who are enrolled in a Drexel medical plan or who participate in the opt-out waiver will also be eligible to earn a wellness incentive. The incentive program starts January 1, 2017 and ends November 30, 2017.

Employees enrolled in a Drexel medical plan or who participate in the opt-out waiver will be eligible to earn up to a \$400 premium credit throughout the year. The first disbursement of credits will occur in the February pay period.

To start earning your credit, you will need to complete your required Personal Health Profile. Once this has been completed you can earn a credit for any of the activities offered in the portal.

### **Personal Health Profile**

Knowing your health needs and risks is critical to long-term health and wellness. A Personal Health Profile is a simple survey that gives you a snapshot of your current health status and risk for certain diseases and conditions. To complete your Personal Health Profile, just log in anytime to the wellness portal and click Health Profile. It will only take you 10-20 minutes to complete it. You'll instantly receive a customized report outlining your health status and specific steps you can take to improve your health.

### **Health Screening**

Participating in a health screening is a great way to gain insight into your unique health needs and risks for chronic diseases. Armed with the results, you can make a plan to get and stay healthy! An onsite health screening will be offered on January 25, 2017 and you will be able to schedule an appointment through the portal. If you are not able to attend the onsite screening, you will have the option to complete



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your screening using either a Lab Voucher or a Physician Form which can both be found on your To Do list in the wellness portal.

### **Wellness Coaching/Health Education Session**

Health Advocate's Wellness Coaching program gives you access to a personal Coach, by telephone, email or secure web message, to help you set—and stick with—your personal health goals. During your Health Education session, your Coach can help you review your Health Screening and PHP results, and help identify your overall health and wellness goals. Coaching is unlimited, and can help you manage your weight, get fit, eat better, stop smoking, reduce stress, manage certain health conditions, and reach other health and wellness goals.

### **Take Advantage of your Health Advocate Wellness Benefit Starting January 1, 2017**

- Just call the toll-free number: **866-799-2728** to reach a Health Advocate Coach to begin taking advantage of your Wellness Program.
- You can also visit the wellness portal website to get started. The wellness tab will be live on January 1, 2017: **[HealthAdvocate.com/Drexel](http://HealthAdvocate.com/Drexel)**

In Good Health,

Drexel University Human Resources