

November 20, 2013

To: All Faculty and Staff
From: University Benefits Administrator
Subject: **Make Your Health a Priority**

Wellstream Health Risk Assessment

On Monday you received a "Welcome to Wellstream" email which provided instructions on how to complete the annual Wellstream Health Risk Assessment (HRA). More than 1,500 employees logged on and successfully completed the HRA survey on Monday alone. We want to thank those employees for their prompt attention to this important opportunity for enhanced wellness benefits. Remember, you can complete the survey any time before 5 p.m. CST on Friday, December 6.

As a valued employee of the University of Nebraska, we want to remind you that we are committed to helping you protect your health for a lifetime. Completing the HRA is the first step to better understand and protect your personal health status. To view additional information about the 2014 HRA, visit "[Make Your Health a Priority](#)".

Get Started in 3 Easy Steps (For Active Employees)

Note: In order to utilize all the features of Online Benefits Enrollment, browser pop-up blockers must be turned off. View the [Browser Help document](#) for assistance in turning off the pop-up blockers on your computer.

1. **LOGIN INFORMATION:** To access the Wellstream Health Risk Assessment, log on to <https://firefly.nebraska.edu> using your personal Firefly username and password.
2. Click on the Health Risk Assessment link located at the beginning and the end of Employee Self Service (ESS) NUFlex benefits enrollment to get started.
 - a. The assessment includes 102 questions and should take you approximately 10-15 minutes to complete.
 - b. It is best to complete the survey in one setting since the survey will time out after 25 minutes (if you time out, no entries will be saved).
 - c. All sections must be completed to receive credit for participating in the survey and be eligible for enhanced benefits (explained below).
3. Once you have completed the survey, you will be able to view and print a Personal Health Report which **must be printed and/or saved for you to receive credit for completing the HRA survey and be eligible for the enhanced wellness and preventive services benefit.**
4. **The deadline for completing the survey is Friday, December 6, 2013 at 5 p.m. CST.**

Complete the HRA to Collect Your Enhanced Benefits

Upon completion of the HRA, a Personal Health Report will be provided which details your health risk status, as well as tips to become healthier based on your results. Effective January 1, 2014 you can then begin to use your enhanced wellness benefits.

You are encouraged to complete the HRA whether you are enrolled in the university's Blue Cross Blue Shield medical plan or not. If you are enrolled for the medical insurance, and complete the HRA, you will be eligible for the following enhanced wellness and preventive services benefit for you and your covered dependents.

- Annual preventive care allowance of \$300 (for insureds age 2 and over)
- Dependent child (under age 2) annual preventive care allowance of \$600
- 100 percent coverage, up to \$2,500 maximum, for a routine preventive colonoscopy once every 10 years beginning at age 50. (Services must be provided by a Blue Cross Blue Shield PPO Provider. Please note, per the new ancillary claims changes, that if colonoscopy lab services are provided out-of-network or outside the state of where the colonoscopy is performed, out-of-network charges may apply).
- \$0 copay for generic prescription drugs through the CVS Caremark mail service program.

GENERAL QUESTIONS

If you have any questions, please contact your Campus Wellness Director: UNL: Kim Barrett – (402) 472-9480, UNMC: Jayme Nekuda – (402) 559-8962, UNO: Dave Daniels – (402) 554-2008, UNK: Bryce Abbey – (308) 865-8177, UNCA: Keith Dietze – (402) 472-7162.