HEALTH RISK ASSESSMENT

In addition to your insured benefits and retirement plans, the University of Nebraska has a commitment to our employees' wellness. As part of that commitment, we offer you the opportunity to complete a Health Risk Assessment (HRA).

The HRA is a valuable educational tool designed to help you learn important information about your current health status and how to improve it. Participation is voluntary; however, by completing this short survey (it will take 15 - 20 minutes to complete), you will receive a Personal Health Report that will help you assess and monitor your personal health status. Survey questions will include health-related information such as blood pressure and cholesterol/blood sugar. We encourage you to “know your numbers” and have them available while you complete the survey. Employees who are enrolled in the university’s Blue Cross Blue Shield medical plan and complete the HRA will be eligible for enhanced wellness and preventive services benefits for themselves as well as their covered family members. Enhanced wellness and preventive services include:

- Annual preventive care allowance of $300 (for insureds age 2 and over)
- Dependent child (under age 2) preventive care allowance of $600
- 100 percent coverage, up to $2,500 maximum, for routine preventive colonoscopy once every 10 years beginning at age 50 (services must be provided by a Blue Cross Blue Shield PPO Provider)
- $0 copay for generic prescription drugs through CVS Caremark’s mail service

Your personal health information will remain confidential as the university will only have access to the aggregate information obtained from the survey. This website is part of Wellstream, a third party vendor, to help assure the confidentiality of your information. Aggregate data from each campus will be used to create programming to set goals for improving the health and well-being of employees. The HRA maybe completed online at:

UNL:  https://unl.wellstreamonline.com
UNMC: https://unmc.wellstreamonline.com
UNO:  https://uno.wellstreamonline.com
UNK:  https://unk.wellstreamonline.com
UNCA: https://unca.wellstreamonline.com

You will note the Username and Password have been prepopulated by Wellstream. Before you can advance to the HRA survey, you will be required to change and/or update your password.

You have 31 days from date of hire to complete the HRA. At the completion of the HRA survey, you will be able to view and print a Personal Health Report detailing your health risk status, as well as tips to become healthier based on your results. The Personal Health Report must be printed and/or saved in order for you to receive credit for completing the HRA survey and be eligible for the enhanced wellness and preventive services benefit. Once you print and/or save your Personal Health Report, the enhanced benefits will be included in your medical and prescription drug coverage as of your benefits effective date.