Assess your health by completing the sections below. Once you've completed your profile, print or save your Personal Health Summary for you to receive credit as a survey completer and be eligible for the enhanced wellness and preventive services.

Make Your Health a Priority...

Health is not valued until sickness comes.

But it doesn't have to be this way.
Make Your Health a Priority

Make your health a priority! As a valued employee of the University of Nebraska, we want you to know that we are committed to helping you protect your health for a lifetime.

Protect Your Health
The best way to protect and maximize your health is to complete a health risk assessment. Also known as an HRA, a health risk assessment is a simple health questionnaire that you complete online and you’ll receive a free customized personal health report that will give you a great overview on how you’re doing health wise.

Here’s How The Process Works
Once again, the University of Nebraska is partnering with the Wellness Council of America, one of the nation’s premier organizations that is dedicated to helping you protect your health.

Through this partnership, you will have the opportunity to complete a health risk assessment. The health risk assessment is called Wellstream and it takes 10-15 minutes to complete. Again, by completing the health risk assessment during the period of November 18th through December 6th, you’ll receive a completely customized personal health report giving you important information and insights on how you can protect and maximize your personal health status. Remember, the HRA is available at no charge to you.

Your Information Is Strictly Confidential
At the University of Nebraska, we believe that your personal health information should remain just that… your personal and private information. That’s why we’ve partnered with the Wellness Council of America (WELCOA).

WELCOA will process all of the information and provide you directly with your customized personal health report. No one at the University of Nebraska will see any personal information. Again, the information that you gain from this offering is yours and yours alone.

Complete The HRA and Receive An Enhanced Wellness and Preventive Services Benefit!
Because we believe that every employee should better understand their own personal health status, you’ll be eligible for an enhanced wellness and preventive services benefit by completing the HRA during the appropriate time period.
F.A.Q.’s

Do I need to take the survey again this year if I took it last year?
Yes. The HRA survey must be completed each year in order to receive the enhanced wellness and preventive services benefit for the following calendar year.

Can I participate if I am not on the University of Nebraska health plan?
Yes. Any benefits eligible employee can participate. You must be enrolled in our medical plan to receive the enhanced benefits.

Can my spouse participate in this process?
At some future time, we hope to be able to include spouses. All dependents enrolled in the university’s Blue Cross Blue Shield medical plan will however, receive the enhanced wellness and preventive services benefit in 2014 once you complete the HRA.

Will my supervisor receive any of my data?
Absolutely not. Under no circumstances will anyone other than you receive your personal health data.

How can I be sure my data is held confidential?
The University of Nebraska has signed a confidentiality agreement with the Wellness Council of America. WELCOA will be administering the entire process and no one inside the University of Nebraska will be apprised of any data on any individual employee. We may ask our health insurance provider to conduct a more detailed analysis of the data to recommend targeted wellness programs aimed at improving employee health status and reducing claims. This analysis will use de-identified HRA data and reporting will only be in aggregate format.

How will the University utilize my personal data?
The University will only have access to the aggregate information obtained from the survey. Aggregate data from each campus will be used to create programming to serve your interests and set goals for improving the health and well-being of our employees.

Who can I contact if I have any questions?
UNL: Kim Barrett (402) 472-9480
UNMC: Jayme Nekuda (402) 559-8962
UNO: David Daniels (402) 554-2008
UNK: Bryce Abbey (308) 865-8177
UNCA: Keith Dietze (402) 472-7162

Want to learn more about HRAs? On the following pages, we have provided an in-depth overview of HRAs so you can better understand why they are important and how they work.
What You Need To Know About HRAs

Getting a Handle On Your Health

Quantifying your health status is one of the single most important steps you can take in leading a long and healthy life. But, before you can work to improve your health status, you need to understand where you're starting from right now—that's why developing a keen understanding of your health status is so important.

Our health—good or bad—isn't a matter of luck. Rather, our health depends greatly on the lifestyle choices we make on a daily basis. How often we exercise, the types of food we eat, and whether or not we choose to drink or use tobacco, all have a major impact on our health and quality of life.

How we live accounts for more than half of the reasons we get sick or how we die. In fact, according to The Journal of the American Medical Association:

- Today’s four leading causes of death are all preventable—smoking, poor nutrition, physical inactivity, and high-risk alcohol use.
- Persons with healthier lifestyles live anywhere from six to nine years longer than those with unhealthy lifestyles.
- Persons with healthier lifestyles not only live longer, but also prevent disability by up to nine years and shorten it at the end of their lives.

This means that the choices we make every day have a powerful effect on not only how long we live, but also on the quality our lives.
Understanding HRAs
Quantifying your health status is a matter of assessing your current health behaviors, and identifying possible risk factors for disease and other health conditions you may have. One of the most important tools at your disposal for measuring health status and taking control of your own health is a health risk assessment, or HRA.

A health risk assessment is a short, confidential survey designed to assess your true health status. It’s important to note, however, that unlike your personal healthcare provider, a health risk assessment cannot diagnose illnesses or identify specific health problems. It can, however, provide an accurate picture of the lifestyle behaviors increasing your risk for different diseases or health conditions that may reduce the length and quality of your life.

The typical HRA starts with a confidential questionnaire about your health and lifestyle habits (i.e. blood pressure, weight, tobacco use, physical activity, etc). After completing the questionnaire (which should take anywhere from 10 to 15 minutes),
Understanding HRAs (Continued)
your answers are then entered into a computer program, which analyzes your responses and creates a confidential profile that identifies your major health risks, and highlights healthy habits and changes you can make to reduce your health risks.

HRAs are an important part of taking responsibility for your own health, and becoming a wise healthcare consumer. Completing a health risk assessment allows you to better understand your health risks, and formulate a plan for taking charge of your health in the years to come.

Questions To Expect
Although each HRA is unique, most will ask questions about the following topics.

- Blood pressure
- Cholesterol
- Weight status
- Level of physical activity
- Tobacco use
- Alcohol use
- Stress
- Nutritional/eating habits

Take Advantage
On behalf of the University of Nebraska, we encourage you to take part in the health risk assessment—it’s one of the most important steps you can take to protect your health, and lead a long and healthy life.

And, if you complete the HRA within the timeframe, you and your eligible dependents will be eligible for the enhanced wellness and preventive services benefit. Our goal is a simple one—protect the health and well-being of every single employee. Working together we can make the rest of your life, the best of your life.
On behalf of the University of Nebraska, we encourage you to take part in the health risk assessment—it’s one of the most important steps you can take to protect your health, and lead a long and healthy life.