

Message from Human Resources



Special Edition: February 15, 2008
 Learn About Your Health and Earn the Chance
 to Win Free Medical Premiums for a Year!

Calendar

February 28	Registration Deadline for Free Onsite Health Screenings
March 1	Online Health Risk Assessments Open; Start Date to Enter Free Medical Premiums Drawing
March 4	Onsite Health Screening: Houston Hall
March 5	Onsite Health Screening: School of Engineering and Applied Science
March 6	Onsite Health Screening: Nursing
March 11	Onsite Health Screening: Wharton
March 12	Onsite Health Screening: New Bolton Center
April 30	Final Day to Enter Free Medical Premiums Drawing; Health Risk Assessments Remain Available

Learn About Your Health and Earn the Chance to Win Free Medical Premiums for a Year

Free onsite health screenings. An online health risk assessment that can help you stay healthy throughout your life. And the chance to win a year of free medical premiums. Beginning in March, Penn faculty and staff who receive medical coverage through the University will have access to all of these resources.

What's a health risk assessment?

Health risk assessments are confidential questionnaires that ask basic questions about your health habits and history. In return, you'll receive an easy-to-understand health report that gives you a non-clinical overview of your current health status, as well as your health risks and how to manage them. Whether you're trying to get in shape, control an existing condition, or just stay fit as a fiddle, you'll find the help you need through your health risk assessment. You can even print this report and share it with your doctor to keep him or her up to date with your complete health picture.

How can I win free medical premiums?

Even if you're in picture-perfect health, there's another good reason to complete your health risk assessment: faculty and staff members who do so between March 1 and April 30, 2008 will earn the chance to win free medical premiums for a full year. That's right—receive the same great Penn medical coverage you have now, but pay no premiums for the entire 2008-2009 plan year (July 1, 2008 – June 30, 2009). Note that this includes premiums only; copays, deductibles, and other out-of-pocket expenses are not included. Also, keep in mind that you must be currently enrolled in a Penn medical plan in order to be eligible. Three winners will be selected at random from all eligible entrants and announced in May. Don't miss the chance to save money while doing something good for yourself!

How can the onsite health screenings help?

Getting the best results from your health risk assessment requires you to provide some specific health information, such as your blood pressure and cholesterol. If you don't know these numbers or haven't had them updated in awhile, don't worry—Human Resources is offering free onsite health screenings at four convenient locations on campus (plus a day of screenings at New Bolton Center). Please note that it is still possible to complete your health risk assessment without this specific health information. However, knowing your numbers will make your health risk assessment as accurate and effective as possible.

You must pre-register by Thursday, February 28 to attend an onsite health screening. To pre-register, visit www.hr.upenn.edu and click on "Course Catalog" at the top of the screen, then select "Health Promotions" from the "Browse by Category" menu. Dates and locations for the screenings are as follows:

Location:	Houston Hall	School of Engineering and Applied Science	Nursing	Wharton	New Bolton Center
Date:	March 4	March 5	March 6	March 11	March 12

You must present your medical insurance ID card (for one of Penn's medical plans) in order to receive a screening. If you don't have your medical insurance ID card, please contact your insurance carrier using the information below:

Independence Blue Cross

By phone: Contact Member Services at 215-241-2273 or 1-800-227-3114.

Online: Go to www.ibx.com. Under "Self-Service," click on "Request ID Card," enter the requested information and click "Submit." A card will be mailed within 5-10 business days.

Aetna

By phone: Contact Member Services at 1-888-287-4296.

Online: Log on to Aetna Navigator from www.aetna.com. You can order a new ID card and/or print a temporary member ID card using the options under "Requests & Changes."

Key Facts to Remember

- You must be currently covered under a Penn medical plan in order to have access to the free screenings, the health risk assessment, and the opportunity to win free medical premiums for a year.
- You must pre-register for the free health screenings by Thursday, February 28.
- You must present your medical plan ID card when you arrive for your screenings.
- You must complete a health risk assessment between March 1 and April 30, 2008 in order to be eligible for the free medical premiums drawing. Don't miss your opportunity!

How do I complete my health risk assessment?

Your Penn medical plan determines how you will access your health risk assessment:

- Keystone/AmeriHealth HMO, UPHS POS and PENNCare/Personal Choice Members—Faculty and staff enrolled in any Penn medical plan administered by Independence Blue Cross can complete a health risk assessment by logging on to IBC's online portal at www.ibxpress.com. If you've never used this site before, first register a new account. Once you enter the site, click "Personal Health Profile" in the "Healthy Lifestyles" box on the right-hand side of the screen, then choose to "Create your Personal Health Profile Now."
- Aetna HMO Members—Faculty and staff enrolled in Penn's Aetna HMO medical plan can complete a health risk assessment by logging on to Aetna's "Simple Steps to a Healthier Life®" website at www.simplestepslife.com. If you've used Aetna's online "Navigator™" system before, you can access Simple Steps with the same login name and password. If you're new to using Aetna's website, just create a new account.

Where can I go if I have questions?

If you have questions about online health risk assessments, the free medical coverage drawing, and/or the free onsite health screenings, please contact Human Resources at hr-qowl@exchange.upenn.edu. For more information about these programs, please visit the Human Resources website at www.hr.upenn.edu.

