

**Frequently Asked Questions
About the Go for the Gold Program for
Spouse/Certified Domestic Partners
Covered on the Vanderbilt Health Plans**

1. **What parts of the Go for the Gold program are available for Spouse/Certified Domestic Partners?** Spouses/certified domestic partners can learn about their health risks by completing the Health Risk Assessment and then take action to reduce those risks by completing the Wellness Actions Log.
2. **What is the purpose of Spouses/Certified Domestic Partners completing Go for the Gold?** To promote good health as a family priority, help control the rising cost of our health plans, and control the amount we pay for our health care.
3. **Why do a Health Risk Assessment?** The Health Risk Assessment helps you understand what your health risks are and what you can do to become as healthy as possible. Do it every year to track health changes.
4. **Why do a Wellness Actions Log?** The Wellness Actions Log helps you choose healthy actions to maintain or improve your health.
5. **If my spouse/certified domestic partner has problems logging in, where can we get help?** If your spouse/certified domestic partner has any questions about logging in, e-mail [Health Plus](#) or call Health Plus at 343-8943.
6. **Can my spouse/certified domestic partner complete the Game Plan for Your Health?** No.
7. **Is there a wellness credit for spouses/certified domestic partners?** No.

Still have questions?
Call Health Plus at 343-8943 or
e-mail [Health Plus](#) for help.