Health Plus
Faculty and Staff Wellness and Fitness Program

2011 Go for the Gold

HEALTH & WELLNESS
VANDERBILT FACULTY & STAFF
Health Plus is one of four departments within Health and Wellness supporting the health and productivity of the Vanderbilt community.
Go for the Gold!

The Go for the Gold Program:

Is in the 9th year

Won the C. Everett Koop National Health Award in 2008

Has become part of the culture of wellness at Vanderbilt with participation of 16,976 faculty/staff in 2011 (80% of 21,235)

Is confidential:

We have been keepers of this information since 1991.

All personal health information is double de-identified before it is analyzed. It is not shared with any insurance company, managers or other individuals.

It is used in aggregate form to identify population health needs and to evaluate programs.
It all starts with the Health Risk Assessment...

The Health Plus health risk assessment will help you evaluate your current lifestyle, identify health risks, and help you decide on how and where to make changes. It includes recommendations for health actions that may assist you in setting goals for health improvement that are specific to you.

You may complete your HRA at any computer with internet access, including the Vanderbilt libraries, the Occupational Health Clinic or Health Plus. The Health Risk Assessment
- Is confidential
- Includes a personalized report immediately upon completion
- Should be completed yearly

- Completing the Health Risk Assessment allows full-time and part-time faculty/staff access to the Health Plus Facility for a year. The Health Risk Assessment is to be completed annually thereafter.
The Silver Level consists of two steps. First, complete the yearly Health Risk Assessment to help you understand what your health risks are and what you can do to become as healthy as possible. Next, focus on healthy actions that will help you maintain or improve your health by completing the Wellness Actions Log.

• There are 10 Wellness Categories on the Wellness Actions Log and you need only to complete 7.

• The 2011 Wellness Actions Log provides an opportunity to participate in Know Your Numbers to complete 3 of the actions (remember…only 7 of 10 need to be completed). For more information on Know Your Numbers, click here.

• Be sure to view the Wellness Actions log soon, so you have plenty of time to complete it before the October 31, 2011 deadline.
The next level is the Gold. After you do the Health Risk Assessment, and complete the Wellness Actions Log, the third step is a video.

Videos are on different health topics each year. The 2011 video is:

- *Detect and Protect*
  - Preventive measures for taking care of your health

You will learn from Vanderbilt experts and other faculty/staff while watching the video, since it is produced in-house.
The Wellness Credit:

- Is applied to the Health Plan Account

- Applied for faculty/staff paying for Vanderbilt Health Plan

- Is not taxed

- Can be used for spouses/dependents covered on the Vanderbilt Health Plan
How the Health Plan Account Works

• Participate in Go for the Gold program in 2011

• Elect to have Vanderbilt health plan for 2012
  – Either Aetna Standard, Aetna HealthFund, or BlueCross Select

• Incentive amounts:
  – Bronze (HRA) = $120
  – Silver (HRA + WAL) = $180
  – Gold (HRA+WAL+GPFYH) = $240
The Health Plan Account

- Is separate from Flexible Spending Account (FSA) and Health Reimbursement Account (HRA)
- Can be used to help you meet your deductible and co-insurance
- Will automatically be applied by the Blue Cross/Blue Shield or Aetna
- Any remaining balance will roll-over to next year
- Unused amounts will accrue up to a maximum amount of $1,000
How to Check Balance of Health Plan Account

• Shown on your Explanation of Benefits
• Can check balance on web portal
  – www.bcbst.com/members/vanderbilt
  – www.aetna.com
• Or call:
  – Aetna Standard – 800-743-0910 ask for balance of “Health Incentive Credit”
  – Aetna HealthFund – 800-743-0910 ask for balance of “HealthFund”
  – BlueCross Select – 800-422-6712 ask for balance of “Health Reimbursement Arrangement”
For More Information or Assistance

- Frequently Asked Questions and an informative podcast are found on the Health *Plus* website
  
  http://healthandwellness.vanderbilt.edu/go-for-the-gold/FAQ

- Podcast: **Accessing the Go for the Gold Wellness Credit in the Health Plan Account**
  
  http://healthplus.vanderbilt.edu/wellcasts/accessing-the-go-for-the-gold-wellness-credit-in-the-health-plan-account

- Staff available at Health *Plus* to personally assist with completion during all hours of operation, or by phone at 343-8943

- Feel free to contact Marilyn Holmes, Manager at 343-2638 or marilyn.c.holmes@vanderbilt.edu