

## All Full-Time and Reduced contract employees who participated in the Biometrics Screening\* program last month:

To receive **\$100 taxable gift card**, you must complete the **mandatory** on-line Health Assessment (HA) by the deadline of **May 15, 2010, 11:59 p.m.**

*(\*If you DID NOT participate in the Biometrics Screening, you may still complete the Health Assessment (HA), but are not eligible to receive the \$100 incentive.)*

1) **ONLINE HEALTH ASSESSMENT PROCESS:** copy and paste this link into your browser: <https://healthatoz.myuhc.com/portal/bridge/FHDA>

### Note:

1) If you are using a **MAC**, we recommend you to use **Safari version 3.1.2**, ~~Firefox~~ 3.0.1.0 only works on some computers. To download the Safari version, please access: <http://www.apple.com/safari/download>.

2) If you are using a **PC like Dell**, you must use **Window Internet Explorer** browser version 7.0 or higher only. Both ~~Firefox~~ and Safari browsers are not 100% PC compatible.

3) If you have registered with [www.myUHC.com](http://www.myUHC.com) before, you may ~~log-in~~ directly with myUHC.com portal, and take your Health Assessment without having to register again under the District Wellness portal administered by ~~OptumHealth~~.

All participants are required to register, then log-in and take your Health Assessment. The IRS stipulates that Social Security Number (SSN) or UHC Subscriber ID# must be provided to tax reasons. Kaiser members may enter either SSN or Kaiser Medical Records number and group # 857.

4) If you forget your Username or Password with [myUHC.com](http://www.myUHC.com), you may reset your account information in just a few steps by accessing: <https://www.myuhc.com/losthypelink.do>.

To reset your **username and/or password**, you must provide (a) either Member's SSN or UHC Subscriber ID# and (2) Group #708611 (you may find these information on the front of the ~~UnitedHealthcare~~ medical ID Card).

5) All browsers must be **cookies enabled**

For information regarding Instructions and PowerPoint presentation to learn more about the Health Risk Assessment, wellness coaching, wellness portal and the \$100 gift card incentive, please access the District Wellness web site:

[http://hr.fhda.edu/benefits/stories/storyReader\\$37#work](http://hr.fhda.edu/benefits/stories/storyReader$37#work)

2) **PAPER HEALTH ASSESSMENT PROCESS:** If you do not have access to the internet and cannot complete the Health Assessment on-line, you may contact Health & Wellness Customer Service at phone#: **866.868.5484** (M-F, 7am-9pm CTS) to request a customized paper HA form (available in both English and Spanish version). Information required to complete the request:

- First Name
- Last Name
- Street Address, City, State and Zip Code
- Date of Birth
- Medical or Subscriber ID (may be found on the front of your Medical ID card.
- Group number (UHC Group #7086711 or Kaiser Group #857)

Please allow 5-7 business days from the time of the request is received by Health and Wellness Client Services until the individual receives the assessment in the mail. Allow 10-14 business days from the time the individual mails the paper Health Assessment until individual receives the Personal Results Report.

Upon completion, please **return** the HA document directly to the University of Michigan with the pre-paid postage business return envelope by the deadline of **May 15, 2010, 5 p.m.** Due to the Privacy Act, we will **NOT** forward the information directly to University of Michigan for further processing. **NOTE: Any HA documents received after the deadline of MAY 15, 2010 will not be processed for \$100 incentive.**

### 3) **GIFT CARD AWARDS AND REDEMPTION PROCESS:**

Participants who completed **both** biometrics screening and health assessment by **May 15, 2010** will receive an award notification via email from **Hallmark Insight** on **June 10, 2010**.

### 4) **WELLNESS COACHING:**

Please contact OptumHealth at **1-800-478-1057** for additional information. The program is offered free of charge to all eligible employees and dependents.

*Cross-trained coaches* address all lifestyle-related health issues as part of a holistic approach. For example, many people who want to quit smoking are concerned they'll gain weight. In this instance, a wellness coach can help the person kick their habit while at the same time help him or her focus on healthy ways to deal with the nicotine withdrawal instead of turning to food. *Limitless open enrollments* - OptumHealth's approach allows individuals to enroll in multiple coaching programs to ensure they receive the right amount of coaching to suit their individual needs. In addition, wellness coaching is now available to all who wish to be coached, not only to those people who are considered to have health risks, which helps ensure that healthy people stay healthy.