



FOOTHILL-DE ANZA  
Community College District

**WELLNESS**

## Health Risk Assessments (HRA) on-line Informational Meeting

### Agenda

- 1) Employee Wellness Portal
  - Learn the Easy-to-use interactive questionnaires
- 2) Health Risk Assessments:
  - Disease-Specific
  - Lifestyle and Work-Style
  - Conditions and Symptoms
- 3) Individual's overall wellness score/Immediate feedback on general health risks
- 4) Health Coaching Services
  - Identify readiness to change for multiple behaviors
  - Risk Management
  - Disease Prevention Program
- 5) Gift Card Process and Procedures – **\$100 Gift card** rewards for participants of **both Biometrics Screening and HRA on-line programs**
  - Note the financial incentive is considered income and will be taxed in compliance with the IRS regulations. The program is restricted to District full-time or reduced **Contract Employees** only.

**Presented by:** Christine Vo, Benefits Manager and Jeff Sirmon,  
Strategic Account Executive, OptumHealth

### **FOOTHILL COLLEGE:**

**Date:** Tuesday, June 2, 2009  
**Location:** District Board Room  
**Session #1:** 11am – NOON, **or**  
**Session #2:** 12:30pm – 1:30pm

### **DE ANZA COLLEGE:**

**Date:** Wednesday, June 3, 2009  
**Location:** Hinson Campus Center, Conference Room A  
**Session #1:** 11am – NOON, **or**  
**Session #2:** 12:30pm – 1:30pm