

Andrews University
AHealthyU Wellness Program
Action Year 2014 for Benefit Year 2014/15

Who is eligible to participate in the program?

All employees and spouses covered under the Andrew's medical benefit plan¹
 Both employee and spouse must complete the requirements to earn the program reward.

What are the program requirements?

1. Meet the 2014/15 bio-metrics² targets with current biometrics*

On-site Biometric health screens will be held at Andrews on March 26 & 27 from 6:30 to 11:00 AM. Alternatively, a Primary Care Provider wellness verification form may be submitted to Lakeland. Lakeland Care Health Management Advisors will be on-site to review biometric results from the March health screenings on April 9 & 10 from 8:00 AM to 5:00 PM.

2. Meet with a Benefit Enrollment Counselor

2014/15 Health Target Table

Health Screen	Health Target	Health Risk	Actionable Value	Critical Value
Blood Pressure	<140/90	≥ 140/90	≥ 160/100	≥180/110
HA1C	<6.0%	≥6.0 -7.5%	≥7.5 -8.9%	≥9.0%
Triglyceride	<150mg/dl	≥150	≥300	≥500
LDL	<130mg/dl	≥130	≥160	≥190
BMI	18.5 -30.0	<18.5-30.0	≥35.0	≥40.0

***Are my biometrics current?**

YES – You participated in 2013 and your biometrics were performed in 2013 AND you had 2 or less health risks. No new biometrics required.

NO – You did NOT participate in 2013 – You need new biometrics performed in 2014.

NO – You participated in 2013 and your biometrics were performed in 2013 AND you had a critical or actionable value or 3 or more health risks. You need new biometrics performed in 2014.

NO – You participated in 2013 but your biometrics were performed prior to 2013. You need new biometrics performed in 2014.

Lakeland Care will send an e-mail to your Andrews University e-mail address to let you know if you need to participate in the biometric screen³

Alternate Satisfaction of Health Targets

Andrews University is committed to helping you achieve your best health. The reward for participating in the AHealthyU wellness program is available to all employees covered under the Andrews medical plan. If you are unable to meet the health standards for the reward under this wellness program, you may qualify for an opportunity to earn the same reward by completing an Alternate Satisfaction Activity (see below). Contact Lakeland Care, 269-927-5154 and they will work with you to find a wellness activity with the same reward that is right for you in light of your health status. All Alternate Satisfaction Activities must be completed by May 1, 2014.

Alternate Satisfaction for Biometrics

Health Standards Not Met	Alternate Satisfaction Activities
3 - 5 health standards not met - or - You have 1 or more actionable or critical values	Meet with Health Management Advisor and follow plan of care which may include a follow-up visit with physician to develop and/or review plan of care

1. Both employee and spouse covered under the medical benefit must complete the program requirements to earn the reward.
 2. If you have questions, please e-mail aHealthyU@lakelandregional.org or call Lakeland Care at 269-927-5154.