

Andrews University
AHealthyU Wellness Program
Action Year 2015 for Benefit Year 2015/16

Who is eligible to participate in the program?

All employees and spouses covered under the Andrews' medical benefit plan

Both employee and spouse must complete the requirements to earn the program reward.

What are the program requirements?

Meet the 2015/16 bio-metrics targets (see 2015/16 Health Target table) with **current biometrics***

1. Onsite Biometric health screens will be held at Andrews on March 24 & 25, 2015 at 6:30 to 11:00 AM
-or- Submit PCP Wellness Visit Form with your biometrics from an office visit from the last 12 months
2. Lakeland Care Health Coaches will be onsite to review results on April 7 & 8, 2015

2015/16 Health Target Table

Health Screen	Health Standard	Health Risk	Actionable Value	Urgent Value
Blood Pressure (B/P)	< 140/90	$\geq 140/90$	$\geq 160/100$	$\geq 180/110$
Glucose (FBS)	60 -100 mg/dl	≥ 100	≥ 126	≤ 40 or ≥ 200
BMI	18.5 - 30.0	< 18.5 or ≥ 30.0	≥ 35.0	≥ 40.0

***Are my biometrics current?**

Lakeland Care will send an e-mail to your Andrews email address to let you know if you need to participate in the onsite health screen. If you do not receive an e-mail before March 17, and you have questions, please e-mail ahealthyu@lakelandhealth.org

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 benefit 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).

Those who do not follow the recommended plan of care will not be eligible for the discount.

Alternate Satisfaction Activity for each: B/P, FBS, BMI

Actionable	Participate in and complete myHealthier Lifestyles ¹
Urgent	Meet with a Health Coach ² ; develop a plan to address your health risk. Review plan with your doctor -and- Participate in and complete myHealthier Lifestyles series

1. myHealthier Lifestyles is a health management program emphasizing good nutrition, exercise, healthy habits, and a supportive environment. This is offered at no cost to AHealthyU participants.
2. Please call 269-982-9335 to schedule your appointment with a health coach.

If you have questions, please email aHealthyU@lakelandregional.org or call Lakeland Care at 269-927-5154