

### ***What is Healthy U?***

- A.** Healthy U is a voluntary wellness program open to all benefit-eligible University of Toledo employees. The program allows participants to gauge their current health status and participate in programs that can help improve their overall wellness.

### ***Can my dependents enroll in Healthy U?***

- A.** Unfortunately, no. UT is developing baseline data only for benefit-eligible employees. However, we wholeheartedly encourage you to share the knowledge and activities you develop through Healthy U with your family.

### ***Will UT see my personal health information as it relates to the program?***

- A.** No. Healthy U strictly adheres to federal HIPAA confidentiality requirements. All biometric health screenings and Health Risk Assessments are confidential, and will be shared only in aggregate format.

### ***After I opt into Healthy U during open enrollment, what happens next?***

- A.** You need to schedule an appointment for biometric screenings. You will receive an email from Healthy U with a link to an online form where you will schedule your appointment.

### ***What is a Health Risk Assessment?***

- A.** A Health Risk Assessment, or HRA, is an online questionnaire you will complete after your health screening. The HRA, along with your biometric screening, will provide a comprehensive analysis of your current health status. Upon completion of your screening, you will receive instructions on how to complete the HRA.

### ***What kind of programs does Healthy U offer?***

- A.** A wide variety of health and wellness programs are offered through Healthy U, including online health challenges and healthy lifestyle management and education seminars, to name a few. The programs are free to enrolled employees and designed to address your health issues.

### ***What is my incentive to participate? \****

- A.** A healthier you! Your Healthy U journey begins with establishing your baseline biometric data and continues as you participate in programming.

### ***What if I have other questions?***

- A.** Feel free to contact Healthy U at 419.383.2348 or [healthyut@utoledo.edu](mailto:healthyut@utoledo.edu). More information is available at [utoledo.edu/offices/rocketwellness/healthyu/](http://utoledo.edu/offices/rocketwellness/healthyu/).

### ***Can I opt out of the program once I've enrolled? \****

- A.** Yes. Since the program is voluntary, you may opt out at any time by emailing [healthyut@utoledo.edu](mailto:healthyut@utoledo.edu).

### ***Will my participation in Healthy U affect my benefits or employment? \****

- A.** No. Healthy U is a voluntary program. Data collected by Healthy U is used in aggregate form to directly impact the program and, ideally, improve the health and wellness of our UT community.

### ***Can I enroll after open enrollment?***

- A.** Enrollment for Healthy U takes place during the benefits open enrollment period (October 1 – 31). Employees who are new to UT or have had a change in benefit status may enroll throughout the year by emailing [healthyut@utoledo.edu](mailto:healthyut@utoledo.edu).

### ***If I sign up for Healthy U, do I automatically receive a membership to the Rec/Morse Center?***

- A.** No. The Office of Recreation offers several membership options for UT employees. Please visit their website for more information. [utoledo.edu/studentaffairs/rec](http://utoledo.edu/studentaffairs/rec).

### ***What is included in the biometric health screening?***

- A.** The biometric health screening includes a full blood draw for total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides and glucose. Your blood pressure, height and weight also will be measured. Results are confidential and HIPAA-compliant, and will be mailed to you approximately two weeks after the screening.

### ***Do I need to be enrolled in a UT health insurance program to participate?***

- A.** No. All benefit-eligible employees, regardless of their benefit selections, are welcome to participate in Healthy U.

**\* Blue plan members should refer to the Healthy U website ([utoledo.edu/offices/rocketwellness/healthyu/](http://utoledo.edu/offices/rocketwellness/healthyu/)) for specific wellness incentive plan details.**