



What is Healthy U?

A. Healthy U is a voluntary wellness program open to all benefit-eligible UToledo 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. UToledo is developing baseline data only for benefit-eligible employees. However, we 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. More information is available at 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.

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 UToledo 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 UToledo or have had a change in benefit status may enroll throughout the year by emailing 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 UToledo employees. Please visit their website for more information. utoledo.edu/studentaffairs/rec.

What is included in the biometric health screening?

A. The biometric health screening includes a finger stick for total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides and glucose. Your blood pressure, waist/hip circumference, height and weight also will be measured. Results are confidential and HIPAA-compliant.

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/) for specific wellness incentive plan details.**