

Health Risk Assessment

(Biometric Screenings & Online Appraisal)

Frequently Asked Questions

Q. What is a Health Risk Assessment?

- A. The Health Risk Assessment is a two (2) part process, including 1) on-site biometric screenings, and 2) an online Health Risk Appraisal (a simple self reporting questionnaire regarding your lifestyle, through the University of Michigan), which will help you to identify risk factors. (*You may view the sample tools online at www.marquette.edu/hr/benefits.*)

Q. Risk factors - what are they, and why should I be concerned?

- A. Risk factors are categorized by two distinctions: modifiable and non-modifiable. Modifiable risk factors include cholesterol, blood pressure, smoking, inactivity, diabetes, obesity and stress. These are factors that can be changed and managed. Non-modifiable risk factors include increased age, gender, and family history (genetics). Some families seem to be prone to heart disease, diabetes, high blood pressure or high cholesterol. The more risk factors you have, the greater the chance of developing disease.

Q. What does the Biometric screening consist of?

- A. It is a simple fingerstick test. The screening uses a state-of-the-art machine - *Cholestech* - which analyzes a few drops of your blood to determine your level of total cholesterol, HDL, LDL, triglycerides, and blood sugar. The results are available in about five minutes. Your blood pressure and pulse are taken, height and body weight are recorded. Your body mass index will be calculated. This data is a valuable indicator of your health and may identify disease previously unknown or help you to change those modifiable risk factors to prevent disease from occurring. **YOU WILL NEED THESE RESULTS TO COMPLETE THE ONLINE HEALTH RISK APPRAISAL.**

Q. Do I Need to Fast Prior to the Screening?

- A. **Yes**, this year we have expanded the screening to include triglycerides and LDL values, which require fasting for **12 hours** prior to the blood test. Fasting means **no** eating or drinking (anything except for water and black coffee) for **12 hours** before the test. It is recommended to **DRINK PLENTY OF WATER** during your 12-hour fast. You may have black coffee (no creamers or sugars). Continue to take your prescribed medications as directed (including blood pressure and diabetic medications.) Avoid over-the-counter medications for 24 hours prior to your screening. Avoid smoking for at least 30 minutes prior to your screening. Wash hands of lotions. Plan to eat after your screening.

Q. What if I recently saw my physician and had labwork performed?

- A. If you have recently (no earlier than **July 1, 2009**) seen your physician and the **same** labwork was done, you may have your primary care provider complete the "Primary Care Provider Form" and fax the results to Aurora Health Care at 262-860-7940 no later than **November 20, 2009**. You will use these results to complete the online Health Risk Appraisal. A copy of the form may be found at www.marquette.edu/hr/benefits

Q. Who is eligible to participate in the Health Risk Assessment?

- A. All employees are eligible to participate. The on-campus biometric screening is paid by *Marquette University*.

Q. What if I don't want to participate in the entire health risk assessment, but would like to participate in some components of the process?

A. Your participation in this process is voluntary. However, please understand that there will be **NO DISCOUNT** offered through Marquette University **IF YOU DO NOT COMPLETE BOTH PARTS OF THE HEALTH RISK ASSESSMENT**. (Biometric screening and online health risk appraisal).

Q. Will Marquette University have access to my individual results?

A. No...your results are confidential. *Marquette University* will not receive any individual health information. Your confidential individual results will be immediately available to you.

Q. Who will know about my results?

A. *Marquette University* will not receive the individual results. Marquette will receive a group summary report from the University of Michigan that will assist in developing health programs.

Q. Why should I participate in the Health Risk Assessment - I live a healthy lifestyle.

A. You should be commended for considering the Health Risk Assessment to manage your health. However, if you don't know your current cholesterol and blood pressure you may be unaware of risk factors that can be controlled or eliminated. An investment of 15 minutes could save your life!

Q. How do I prepare for the test?

A. It's a simple two (2)-part process:

1. **Biometric Screening:** Schedule your 15 minute onsite screening appointment:
 - Go to the online schedule link at www.marquette.edu/hr/benefits
 - Call 1-877-765-3213, option 1 to schedule your appointment via phone
 - FAX your lab results to Aurora Health Care at 262-896-7940
2. Go online to **complete your Health Risk Appraisal**, using your biometric or lab results. *See instructions at www.marquette.edu/hr/benefits*
 - Please note: If you participated in the HRA process in 2008, make sure to use the same Unique Identifier number to receive comparison results. **(i.e. Marquette University Employee ID number, (Example: 000001234) must be nine-digits in length).**

Q. What if I miss the screening and/or online health risk appraisal deadlines?

A. **There will be NO EXCEPTIONS.** **November 20** is the final date for any screening, and **November 23** is the final date to complete the online Health Risk Appraisal, using the biometric screening results. Once the dates have passed, you have missed your opportunity to save on your 2010 medical insurance premiums.

Why you can't afford to miss this opportunity

- ✓ *You will miss out on the discount on your Employee Medical Insurance premium.*
- ✓ *We know your time is valuable, the Cholestech results are obtained in five minutes, allowing for immediate education and recommendations.*
- ✓ *All information is CONFIDENTIAL with the complete results of your screening immediately available upon completion.*
- ✓ *It will take a mere 15 minutes for the screening and 10 minutes to complete the online tool.*