

Save these instructions!

HealthWorks^{2.0}

Next steps after your screening

Step 1:

You have completed your biometric screening.

The results of your health screening will be available in about 10 business days.

DATE: _____

Do not begin Step 2 before this 10-day window, unless otherwise notified by US HealthCenter via email.

If you do not have an active HH email account, contact IT Help Desk (256) 265-7777.

**Remember: Complete all 3 steps and you earn a potential discount of \$50/month on your health insurance, effective July 2015.*

Your health plan is committed to helping you achieve your best health. Rewards for participation in the wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact US HealthCenter and we will work with you (and if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

Step 2:

Complete your Health Risk Assessment (HRA).

❶ **Log on to:**
hhsys.ushealthcenter.com

Your username:
HH employee number + hhs
(i.e.: 123456hhs)

Your password is:
Last 4 of SSN + Last 4 of birth year (i.e. NNNYYYYY).

You will be required to change your password after logging in.

❷ Click on **Assessment tab, Health Risk Assessment, Start My Health Risk Assessment**, then answer the questions.

❸ To view your Personal Report click on **Medical Records, Personal Health Assessment Report**

**If you score 75 or higher, you're done! Call or visit HealthWorks to receive Wellness Center coupon.*

Deadline to complete HRA:
April 30, 2015

Step 3:

Meet with Health Coach (If required)

If you are a tobacco user and/or have a HRA score below 75, you must meet with a health coach to qualify for the insurance discount.

To make an appointment please call the HealthWorks office at (256) 265-6288.

Deadline to meet with Health Coach:
May 31, 2015

Questions?

(256) 265-6288

Technical support?
US HealthCenter
(877) 322-7398 ext. 2
M-F, 8-5 CST