



Enrollment Instructions

What is Get Healthy Now?

Get Healthy Now (GHN) is UofL's award-winning employee health management program.

Who can participate?

All UofL employees/retirees and their spouse/qualifying adult.

Why should I participate?

- To earn the \$40 monthly premium incentive (\$480 annual).
 - *Only available for employees/retirees enrolled in UofL's health (medical) plan.*
- Access to on-site initiatives for no monthly fee, including a 22k sq. ft. employee-based wellness center that offers comprehensive and holistic wellbeing support through health and wellness classes, coaching, motivational programs, state-of-the-art fitness equipment, integrated clinical care, and friendly professionally certified staff.
- Additional incentives (e.g. Fitbits™, healthy cooking books, water bottles, t-shirts) can be earned based on program participation in the on-site initiatives.
- *Life well lived. It's in you!*

To learn about the GHN Wellness Center and on-site initiatives, please visit:

<http://louisville.edu/gethealthynow/get-involved>

To earn the \$40 monthly premium incentive you must follow these three easy steps:

STEP 1 – Complete the Health Risk Assessment (HRA)

Within 45 days of your hire date

Every year during Open Enrollment

1. Go to: www.liveforlife.net/hfit/UofL
2. Click on: "Login?"
If you are a **new participant**, click on: ☆ "New visitors click here!"
 - a. **USER NAME:** Employee ID# (e.g. 1234567)
 - b. **PASSWORD:**
 - i. **New users** - you will be prompted to create a password
 - ii. **Returning users** - enter your unique password
3. After you have logged in, click on the "**Take Your Health Risk Assessment today!**" link located on the center of the page, and you will be directed to the **Insight® Health** assessment page.
4. Once you complete the assessment, click the "**Submit**" button at the end of the page to receive a health summary of your results with a color bar graph indicating health risk factors.

See reverse side (page 2)

GHN Administration: 502.852.1907 • GHN Wellness Center: 502.852.7755

ghn@louisville.edu • louisville.edu/gethealthynow

TECHNICAL SUPPORT

Forgot your password?

- Click on **"Forgot Password,"** enter employee ID#, and an auto-generated e-mail will be sent to you with your password.
- The e-mail comes from **Health Fitness** and is titled **"Info You Requested"** (check your **Junk E-Mail** folder).

Can't access your UofL e-mail account?

To **reset your UofL password**, contact the HelpDesk: 502-852-7997 or password.louisville.edu

Still can't log in?

Call **1-800-670-4316**

STEP 2 – Complete a Health Advisory Call

Within 2-3 weeks after completion of your HRA, you will receive a Health Advisory Call to review your results and determine if additional actions are required to remain active in the program and receive the \$40 monthly premium incentive. If you have not been contacted by anyone during this timeframe, please call **1-800-670-4316 (option 3)** to schedule your advisory call.

STEP 3 – Participate monthly in Empowered Health Coaching™

- **Mandatory:** *If* your HRA indicates moderate-high health risk, you will need to participate in Empowered Health Coaching™ Program **at least once a month** throughout the calendar year (via phone or secure online message board) in order to maintain the \$40 monthly premium incentive. With the exception of January, incentives are based on previous month's participation.
- **Optional:** *If* your HRA indicates low health risk, then the coaching program is optional but available to all employees/retirees in the health (medical) plan. You will continue to receive the incentive on a monthly basis.

NOTE:

- All participants should check their paystubs **on a monthly basis** to ensure the \$40 monthly premium incentive has been posted correctly. Paystubs available at **ULink:** ulink.louisville.edu ("Faculty and Staff" tab → "Personal Information" section → "Paycheck" link).
- Get Healthy Now offers a free health (biometric) screening per year to all employees and their spouse/qualifying adult. The screening gives you a snapshot of your physical health profile. The information can be used to complete the online health risk assessment. Employees can also use their primary care physician's results from a physical completed within the last six months.

Congratulations on taking proactive steps towards your health and wellbeing!

Life well lived. It's in you!