GetHealthyNow

Enroll in Get Healthy Now (GHN) and earn the rewards of good health!

GHN is UofL's award-winning employee health management program. All **employees**, **retirees**, and their **spouse/QA** can participate. The $40 monthly premium incentive (up to $480/year) is awarded to all participating employees and retirees covered on UofL's health plan.

Getting enrolled is as easy as 1,2,3!

1 Assessment

Complete the online **Health Assessment (HA)** within **45 days** of your hire date and **annually** during Open Enrollment.

uoflgethealthynow.biovia.healthfitness.com

2 Advisory Call

Within **2-3 weeks** of completing the HA, you will receive a **Health Advisory Call** to review your results and participation guidelines. **Questions? 1-888-886-4684**

3 Earn Rewards
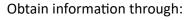
Overall Wellness Score (OWS)
If OWS is 67 or above, Congrats! You've earned your rewards for 2020.
If OWS is 66 or below, the action required for rewards: Monthly participation in the Wellness coaching program

Got health... numbers?

The following health numbers are helpful to complete your Health Assessment and impact your Overall Wellness Score (OWS):

- Height and weight
- Blood pressure (systolic/diastolic)
- Cholesterol (HDL/LDL/TRG)
- Glucose (blood sugar)
- A1C

Obtain information through:
- Primary care physician: lab results from the last six months.

louisville.edu/gethealthynow
ghn@louisville.edu or (502) 852-7755

UofL

Life well lived. It's in you!