



Welcome to UofL!

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!



Assessment

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

uoflgethealthynow.biovia.healthfitness.com

Password requirements: 8 characters long, must include a number, a mix of upper and lower case letters, and less than 3 sequential characters from the username and/or first/last name.



Advisory Call

Within **2-3 weeks** of completing the HA, you will receive a **Health Advisory Call** to review results and participation guidelines.

Questions? 1-888-886-4684



Coaching

Participate in **monthly Health Coaching** as determined by your **Overall Wellness Score (OWS)**. Coaching is required for those with an OWS of 66 or below in order to maintain the \$40 monthly premium incentive, however, all employees have the option of participating.

*Got health...
numbers?*

Health numbers are helpful for a comprehensive, accurate health summary and impact your 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.
- Get Healthy Now Wellness Center: call **852-7755** to schedule **FREE** health screening (one/yr).

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



Life well lived. It's in you!

Q&A about Get Healthy Now

How do I enroll in Get Healthy Now (GHN)?

Enroll by completing the online **Health Assessment** within **45 days** of your hire date and **annually** during Open Enrollment.

- Go to: uoflgethealthynow.biovia.healthfitness.com
- Follow instructions to set up your account (employee ID# will be needed).

Having trouble accessing the site?

- Forgot username/password? Follow instructions on login screen to retrieve your information or call **1-888-886-4684**.
- Please note, the Health Assessment is activated after your benefits elections are processed by the Human Resources - Benefits Department (with exception of the Open Enrollment event).

When do I start receiving the \$40 monthly premium incentive for participation in GHN?

It will take 30-60 days after you complete the Health Assessment for the first \$40 premium incentive to be applied to your paycheck. To confirm you are receiving the premium incentive every month, login to Ulink and review your paycheck. Look for "GHN Inctv" located in the "Before Tax Deduction" panel. **Don't see your reward?** Contact us at ghn@louisville.edu.

Please note: some employees may need to participate in monthly coaching throughout the year to receive the monthly premium incentive. See next question for more information regarding GHN participation guidelines to earn the premium incentive.

How do I earn the \$40 monthly premium incentive?

After you complete your Health Assessment, a Health Advisor will call you to review your results and determine if additional action steps are needed to maintain the \$40 monthly premium incentive. Coaching is required for those with an **Overall Wellness Score (OWS)** of 66 or below. Participants can choose from either of the following coaching options:

Telephonic: This is the best option for those who want to earn the premium incentive based on participation, not goal achievement. To schedule monthly calls: **1-888-886-4684 (option 2)**.

Online: This is the best option for those who want to earn the premium incentive based on goal achievement, not participation. You will create, track, and achieve your wellness goals a minimum of one week per month.

When can I expect my Health Advisory Call?

Upon completing the Health Assessment, you will receive a confidential **Health Advisory Call** within **2-3 weeks**. This 10-15 minute call gives you the chance to review your results and determine if additional action steps are needed to maintain the \$40 monthly premium incentive.

How is my information protected?

GHN is considered a group health plan and is in compliance with HIPAA and all other state and federal regulatory agencies. UofL partners with HealthFitness™ to ensure confidentiality and compliance regarding protection of your personal health information. All information you provide is confidential. Only you and your Health Advisor/Coach have access to your individual level personal health information.

Can I still participate in Get Healthy Now if I waive UofL's health coverage?

Yes. If you waive UofL's health coverage, you can still participate in GHN wellness initiatives and become a member of the GHN employee-based wellness center. There is no monthly membership fee for employees and retirees (on UofL's health plan). Spouse/QA memberships are also available for a small monthly fee.

What other wellness resources are available?

Stop by the **GHN Wellness Center** (601 Presidents Blvd. • 852-7755) or visit: louisville.edu/gethealthynow