



# 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!

#### 1 Assessment

Complete the online Health Assessment (HA) within 45 days of your hire date and annually during Open Enrollment. Visit [uoflgethealthynow.cafewell.com](http://uoflgethealthynow.cafewell.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**, action is required for rewards. Monthly participation in: Wellness coaching program or Good Health is in the Cards program or ULP Health Management Services — information and appointments contact 502-588-0770.

*Life well lived. It's in you!*



### *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

You can obtain this information through primary care physician or use lab results from the last six months.

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[louisville.edu/gethealthynow](http://louisville.edu/gethealthynow)  
[ghn@louisville.edu](mailto:ghn@louisville.edu) or (502) 852-7755

# Q&A

## 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.cafewell.com](http://uoflgethealthynow.cafewell.com).
- Follow instructions to set up your new user account (employee ID# will be needed) or login with your username and password if you already have an account.

## Having trouble accessing the site?

- 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](mailto:ghn@louisville.edu).

*Please note: some employees may need to take additional action steps 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. Additional action steps are required for those with an Overall Wellness Score (OWS) of 66 or below. Participants can choose from either of the following options:

- Wellness Coaching: Telephonic or Online 1-888-886-4684 (option 2).
- Good Health is in the Cards Program: refer to Get Healthy Now website to learn more about this enhanced option to earn rewards.
- ULP Health Management Services — information and appointments 502-588-0770.

## 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. However, the \$40 premium incentive is integrated into the health plan so if you waive health coverage you are not eligible to receive it.

## What other wellness resources are available?

Visit: [louisville.edu/gethealthynow](http://louisville.edu/gethealthynow)