



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.cafewell.com



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**



Earn Rewards

Overall Wellness Score (OWS)
If OWS is 67 or above, Congrats! You've earned your rewards for 2019.
If OWS is 66 or below, action required for rewards. Monthly participation in:
Wellness coaching program

-OR-

Good Health is in the Cards 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.
- 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.cafewell.com
- Follow instructions to set up your **new** user account (employee ID# will be needed).

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.

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.

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 a minimal monthly membership fee for employees, retirees and spouse/QA.

What other wellness resources are available?

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