

# The First Stop on the Road to HEALTHY YOU— Your Health Questionnaire

**BOSTON  
COLLEGE**



**HEALTHY YOU**  
WORKING TOGETHER FOR YOUR WELLNESS

# Your Health Questionnaire

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Earn a \$100 Gift Card if You Complete the **Confidential** Questionnaire Online by April 30, 2011! **Don't discard your card.** Have your enrolled spouse complete the HQ and your card will be reloaded with an additional \$100.

How do choices you make each day affect your health? Do you *Know Your Numbers*—your basic biometric information such as your weight, blood pressure and cholesterol level? Find out how these and other factors could be influencing your wellbeing! All you have to do is answer a few questions about your lifestyle and other factors that might affect your health.

Boston College wants you to have the information you need to get and stay healthy, so you can enjoy your life to the fullest. That's why we're introducing the *personal and confidential* Health Questionnaire (HQ) as the first part of our HEALTHY YOU health management initiative.

You can learn more about the HQ and our other HEALTHY YOU programs in the **Chronicle** or log on to [www.bc.edu/hr](http://www.bc.edu/hr) or [www.harvardpilgrim.org/bostoncollege](http://www.harvardpilgrim.org/bostoncollege).

## It's All About You... and Your Health

Responding to a simple questionnaire can provide you with valuable information about your health and lifestyle. There are no right or wrong answers, but taking your HQ will tell you if you're on the right track to good health and, if not, how to get there. **Plus, when you complete the HQ with required biometric numbers online, you will receive a \$100 gift card. Have your enrolled spouse complete it to get an additional \$100 reloaded on your gift card.**

The primary goal of the HEALTHY YOU initiative is to encourage employees and their families to live healthier lifestyles and, over time, to foster a campus-wide culture of health awareness. Your personal HQ is designed by health care experts to help you assess (and possibly improve) your health and your current lifestyle. It's supported and administered online by Harvard Pilgrim Health Care. All you need

to do is answer a few questions about your lifestyle and other factors that might affect your health. Just follow the simple on-screen instructions. You'll get instant results, a personalized action plan and up to \$200 on a gift card if both you and your enrolled spouse complete the HQ. Here's an idea of the types of questions you'll find on the survey.

- How would you describe your overall health?
- How often do you typically exercise?
- What are your eating and nutrition habits?
- Do you have any medical conditions such as heart problems, asthma, or chronic pain?
- Do you smoke?
- How much alcohol do you typically consume?

Plus, you'll be asked questions about your basic "numbers" such as height, weight, blood pressure, cholesterol, and glucose.

Even if you're in great health—you eat right, exercise regularly, have no bad health habits—you can still benefit from this wellness tool. You may have some health risks you're not even aware of. Your HQ can help you identify ways to lower your health risks and track your progress back to optimum health over time. And, by completing the HQ with required biometric numbers online by April 30, 2011, you can receive a gift card totaling \$100! (\$200 if your enrolled spouse also completes the HQ!)

## Know Your Numbers

It's important that you **Know Your Numbers**—your height, weight, blood pressure, total cholesterol, HDL (good) cholesterol, and glucose levels to fully complete the HQ online and receive the \$100 gift card. You and your enrolled spouse may participate in one of the *Know Your Numbers* screenings being conducted on campus. Your doctor's office will have this information if you've recently had a physical exam. Look for more information from Human Resources on upcoming biometric screenings.

### Basic Know Your Numbers Screening Information

Here are some common measurements taken during a biometric screening.

**Height and Weight\* (HQ questions # 5 & 6)** — These measurements are needed to calculate your body mass index (BMI). BMI determines if you are at a healthy weight for your height and gender. An elevated BMI may put you at risk for certain diseases, such as heart disease, high blood pressure, stroke, cancer, and type 2 diabetes.

**Blood Pressure\* (HQ question # 8)** — High blood pressure can damage your arteries, heart, and kidneys, and lead to hardening of the arteries, known as atherosclerosis, and stroke. Hypertension is called a "silent killer" because it rarely causes symptoms that you can feel and

would alert you to contact your health care provider.  
*Normal range: 120/80.*

**Cholesterol\* (HQ question # 9)** — High cholesterol increases your risk for atherosclerosis, and can lead to life-threatening illnesses, such as coronary artery disease (CAD), heart attack or stroke.  
*Normal range: under 200.*

**HDL (good) Cholesterol\* (HQ question # 10)** — High levels of HDL (high-density lipoprotein) appear to help protect against atherosclerosis, heart attack, stroke, and other complications.  
*Normal range: greater than 40.*

**LDL (bad) Cholesterol** — LDL (low-density lipoprotein) cholesterol is considered "bad" because it deposits excess cholesterol in the walls of blood

vessels, which contributes to atherosclerosis as well as heart disease.  
*Normal range: Less than 130.*

**Triglycerides** — Only a small amount of triglycerides is normally found in the blood; most are stored in fat tissue. This type of fat can build up in artery walls and may cause atherosclerosis.  
*Normal range: Less than 150.*

**Glucose\* (HQ question # 13)** — A blood glucose test is used to determine health risk related to diabetes and other conditions. Blood glucose testing is used to screen healthy, symptom-free individuals for pre-diabetes and diabetes because diabetes is a common disease that begins with few symptoms.  
*Normal ranges: Fasting—less than 100; non-fasting—less than 140.*

\* Complete your HQ with these required biometrics online by April 30, 2011, to receive a \$100 gift card. **Remember, don't discard your card.** Have your enrolled spouse complete the HQ to get an additional \$100 reloaded on your gift card.

When you are completing the HQ, if you don't have all 6 numbers listed above, do not click the "submit" button. You can return to finish the form online at a later date. Without all 6 numbers, you will not be eligible to receive the gift card.

## Easy, Convenient Access

You can take your HQ from any computer with Internet access, from home or work, 24/7. Here's all you have to do:

- Go to [www.harvardpilgrim.org/bostoncollege](http://www.harvardpilgrim.org/bostoncollege)
- Click on "Login" (Note: If you have not already registered, you will need to create an HPHConnect account with your own username and password.)
- After log in, click on "Get Started" to access Harvard Pilgrim's Healthy Futures web pages
- The first step is to take the Health Questionnaire

For your convenience, computer terminals will be set up at the *Know Your Numbers* screening clinics on campus so you may log on to your HQ and begin completing your questionnaire immediately. A Harvard Pilgrim representative will be able to assist you if necessary. If you don't have access to a computer, contact Human Resources and we will arrange for you to take the HQ online in our office. [A paper version is available. However, if you complete the paper version of the HQ, your gift card will be reduced to \$75 due to the increased processing costs.]

## It's Completely Confidential

The Health Insurance Portability and Accountability Act (HIPAA) includes privacy rules that govern when and how health plans, health care providers and anyone else directly involved in the provision or payment of health care services can disclose information specific to your health.

The results of your HQ are **strictly confidential**. Only you and the nurses at Harvard Pilgrim Health Care receive this information. Boston College will receive the aggregate data from all questionnaires without the names of employees so that we can identify those general health issues we need to focus on to help our faculty and staff live healthy lives.

*Our payroll department will receive a file from Harvard Pilgrim containing only the names of employees who received the incentive reward (up to \$100 or \$200 if the employee's spouse was included). Since the reward is taxable under state and federal tax rules the amount will be included in your taxable income on your Form W-2.*

## Complete Your Health Questionnaire By April 30 and Get a Gift Card!

Complete your HQ with required biometric numbers online by April 30, 2011, and you (and your enrolled spouse) can each receive a \$100 gift incentive for making the choice to become a more **HEALTHY YOU!**

*For you (or your spouse) to be eligible for this incentive, you must be a current benefits-eligible faculty or staff member of Boston College and be covered by our Harvard Pilgrim health plan when you complete the Health Questionnaire. **Remember, don't discard your card.** The enrolled spouse's \$100 will be reloaded onto the employee's gift card.*

### After Taking the HQ, Here's What You Get

After you complete your HQ, you will receive an Individual Profile Report, a *confidential* assessment with any health risk factors identified, and the steps necessary to take better care of yourself. Your personalized report will also help you *Know Your Numbers* by showing your biometric screening results and what your target readings should be. The report can be shared with your doctor to help you create a **HEALTHY YOU action plan**. You can also use the topics and tools from WebMD through Harvard Pilgrim's Healthy Futures web pages to take action based on your personal report.

#### ***By taking the personal Health Questionnaire ONLINE, you can—***

- Be better educated about your health.
- Take better care of a health condition.
- Receive a \$100 gift card for your efforts
- Receive an additional \$100 reloaded onto your gift card if your enrolled spouse completes the HQ

For more information about HEALTHY YOU, refer to articles in the **Chronicle** or log on to [www.bc.edu/hr](http://www.bc.edu/hr) or [www.harvardpilgrim.org/bostoncollege](http://www.harvardpilgrim.org/bostoncollege).



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