

The logo for Health Matters features a stylized graphic of five horizontal lines in shades of blue and green to the left of the text. The word "Health" is in a bold, blue, sans-serif font, and "Matters" is in a larger, bold, blue, sans-serif font below it. The website address "healthmatters.idaho.gov" is written in a smaller, blue, sans-serif font underneath.

**Health  
Matters**  
healthmatters.idaho.gov

Helping You Protect Your Health

---



**WELL**   
**CONNECTED**<sup>sm</sup>  
A healthier you starts here

 **Blue**   
**Cross of Idaho**

It's been said many times and in many ways, but essentially, if you have your health, you have everything.

**As a valued employee of the State of Idaho, we are committed to helping you attain a healthy lifestyle and preserve your quality of life.**

## Protect Your Health

One way to maximize your health is to complete a Personal Health Assessment. The Personal Health Assessment is a simple health questionnaire that you complete online; you'll receive a customized report that will give you an overview on how you're doing health wise and steps you can take to improve your health.

## Here's How The Process Works

Health Matters, the Idaho State Employee Wellness Program, has partnered with Blue Cross of Idaho to make the Personal Health Assessment available to you. The assessment is voluntary and is available to all State of Idaho employees. It is accessed through the Blue Cross website and provided by a company called *Vielife*, who protects and stores the data. The assessment takes about 12-17 minutes to complete online. Upon completion, you'll receive a personalized report that gives you important information and insights on how you can improve your personal health status. And, the Personal Health Assessment is available to you for FREE.

## Your Information Is Strictly Confidential

Your personal health information should remain just that...personal and private information. The information you provide on the Personal Health Assessment is processed and you are issued a customized health report. No one, including your employer, will see any personal information. Again, the information that you gain from this offering is yours and yours alone.

## Log On and Complete Your Assessment Between October 19, 2009 and December 18, 2009

and you will automatically be entered in a drawing for a free bodybugg. Here's how it will work. Simply log on to the Health Matters Web site at [www.healthmatters.idaho.gov](http://www.healthmatters.idaho.gov). Click on the Personal Health Assessment banner ad for instructions. If you're not already registered as a Blue Cross member, you must register. The instructions will walk you through the registration process, step by step. Once registered, log in as a member. On your member home page, click the link that will take you to the WellConnected Website (powered by *vielife*). The first time you enter the site, you will have to complete a brief registration. You may then take your Personal Health Assessment. Completing the assessment between October 19, 2009 and December 18, 2009 will allow you an opportunity to win the bodybugg. It's as easy as that.

## Next Steps

Once you've completed the Personal Health Assessment, your personalized report will automatically generate. At the end of the report will be recommendations of follow-up assessments that you should take and/or lifestyle management programs you may enroll in. If you want to take part in the online lifestyle coaching, all you have to do is sign up.

This is a great opportunity to maximize and protect your health!



***Want to learn more about the Personal Health Assessment?  
On the following pages, we've provided a more detailed overview of the  
assessment, why taking the assessment is important  
and how the assessment works.***

## More About the Personal Health Assessment

### Getting a Handle on Your Health

Our health – good or bad – isn't a matter of luck. Rather, our health depends greatly on the lifestyle choices we make on a daily basis. How often we exercise, the types of foods we eat, and whether or not we choose to drink alcohol or use tobacco, all have a major impact on our health and quality of life. How we live accounts for more than half of the reasons we get sick and/or how we die. In fact, according to The Journal of the American Medical Association:

- Today's four leading causes of death are all preventable—smoking, poor nutrition, physical inactivity, and high-risk alcohol use.
- Persons with healthier lifestyles live anywhere from six to nine years longer than those with unhealthy lifestyles.
- Persons with healthier lifestyles not only live longer, but also prevent disability by up to nine years and shorten it at the end of their lives.

This means that the choices we make every day have a powerful effect on not only how long we live, but also on the quality our lives.

### F.A.Q.'s

***Is a Health & Well Being Assessment, a Health Risk Appraisal, and a Personal Health Assessment the same thing?***

Yes.

***Can I take the Personal Health Assessment more than once?***

Yes. Your previous assessments are stored and password protected; you can review them anytime. However, you will have only one entry to win the bodybugg.

***Do I have to know my exact blood pressure, cholesterol, and weight to take the assessment?***

No. You can take the assessment even if you are unsure of these numbers. If you know the numbers later, can take the assessment again and include that information.

***Can I participate if I am not on a State of Idaho health plan?***

Yes. Any part-time, full-time, or temporary employee can participate.

***Can my spouse participate in this process?***

Your spouse can take a Personal Health Assessment, but will not be eligible for a bodybugg. He/she may also take any of the follow-up assessments or participate in an online lifestyle coaching program.

***Will an insurance carrier receive any data from my assessment?***

Blue Cross of Idaho will receive data specific to medical conditions that qualify for disease management. In accordance with HIPAA, data cannot and will not be used for any purpose other than medical management. Medical Management refers to educational material sent to the member to assist them in understanding their disease or condition, resulting in more informed health choices.

***Will my supervisor receive any of my data?***

Absolutely not. Under no circumstances will anyone other than you receive your personal health data.

***How can I be sure my data is held confidential?***

The Personal Health Assessment is powered by a company called *vielife*. *vielife* administers the entire process and no one inside your group will be apprised of any data on any employee.

***Who can I contact if I have any questions?***

Please contact Blue Cross of Idaho's Customer Service department at the phone number on the back of your ID card with any questions you may have.



## Understanding the Personal Health Assessment

Quantifying your health status is a matter of assessing your current health behaviors, and identifying possible risk factors for disease and other health conditions you may have. One of the most important tools at your disposal for measuring health status and taking control of your health is the Personal Health Assessment.

The assessment is a short, confidential survey designed to assess your true health status. It's important to note that unlike your personal healthcare provider, a health assessment cannot diagnose illnesses or identify specific health problems. It can, however, provide an accurate picture of the lifestyle behaviors increasing your risk for different diseases or health conditions that may reduce the length and quality of your life.

The Personal Health Assessment starts with a confidential online

questionnaire about your health and lifestyle choices. The assessment asks questions in 13 key areas including:

- Biometrics, including blood pressure, total cholesterol and HDL (good) cholesterol, blood glucose level, height, weight and waist measurement
- Level of physical activity
- Tobacco use
- Alcohol use
- Sleeping habits
- Stress
- Nutritional/eating habits
- Preventive health activities
- Job satisfaction
- Pain

**Health & Well-being report**

[Printer friendly version](#)

- ▶ Your report
- ▶ Your overall score
- ▶ Nutrition
- ▶ Sleep
- ▶ Stress
- ▶ Physical Activity
- ▶ Pain
- ▶ Job Satisfaction
- ▶ Medical Health
- ▶ Your health measurements
- ▶ Preventative health activities

### Your report

Welcome to your health & well-being report, which gives you an analysis of your scores and provides you with advice on how to make any changes necessary.

**Using your report** The advice contained in the report is provided by medical experts. However before reading your personal report, remember that, while it covers all the questions asked, it is not a substitute for a one-on-one health & well-being check-up. If you have any health concerns please talk to your doctor, who will know you and your medical history.

### Your overall score

Your overall score rates as good, indicating that your health & well-being is, in general, well-managed. This is great news. You now need to work on maintaining your current status. Read your report carefully, and talk to your doctor about anything you are concerned about (even if it is not mentioned in your report).

### Understanding your report

- At the start of your report you will find some short summary points, which give a brief overview of the information contained within your main report.
- Your total score is out of 100, with a high score indicating a good overall approach to health & well-being and a low score indicating a poor approach. This score is color-coded into red, orange and green.
- Color-coded sub-scores for all sections are also listed.

**Health & Well-being Assessment**

12 Jun 2008

Take Again **73**

good  
medium  
low

[View latest report](#)  
[View history](#)

*One of the most important tools at your disposal for measuring health status and taking control of your own health is a personal health assessment.*

After completing the questionnaire (which should take anywhere from 12 to 17 minutes), you will receive a personalized report, which scores your health status on a scale from 0 to 100.

Health assessment is an important part of taking responsibility for your health and becoming a wise healthcare consumer. Completing the Personal Health Assessment allows you to better understand your health risks, and formulate a plan for taking charge of your health in the years to come.

## Take Advantage

Health Matters encourages you to take part in the Personal Health Assessment—it's one of the most important steps you can take to protect your health, and lead a long and healthy life. And, if you complete the assessment between October 19, 2009 and December 18, 2009, you'll have a chance to win the bodybugg, just for getting it done. Protect your health. Make the rest of your life, the best of your life.

On behalf of Health Matters,  
the Idaho State Employee Wellness Program,  
*we encourage you to take part in the Personal Health Assessment—  
it's one of the most important steps you can take to protect your health,  
and lead a long and healthy life.*

