Xavier Wellbeing

Know Your Numbers and Qualify for the Reduced Wellbeing Medical Premium Rate

Xavier Wellbeing, in partnership with TriHealth is excited to offer the second annual Know Your Numbers campaign, which includes a voluntary Biometric Screening and Health Risk Assessment. Become empowered to take control of your health by learning your risk level in several areas including cholesterol, blood pressure and BMI.

- **Biometric Screenings**
  - On campus offering: Alumni Center first floor Marketing Communication/Collaboration Room on the following dates:
    - Tuesday, September 12 – Times available from 6:30 – 10:30 a.m.
    - Thursday, September 14 – Times available from 6:30 – 10:30 a.m.
    - Monday, September 18 – Times available from 7:00 – 11:00 a.m.

  Appointments will last approximately 20 minutes. Click HERE to schedule an appointment as a first time user.

  - Off campus offering: Contact Valerie Sprouse at Valerie_Sprouse@TriHealth.com or 513-977-0027 to schedule a Biometric Screening at the Tri-Health Corporate Office located at 1129 Kenwood Road. This facility cannot accommodate walk-in appointments. **All off campus Biometric Screening appointments must be scheduled by September 8th.**

- **Online Health Risk Assessments** are available now for completion at any time. Please read the login instructions prior to attempting to access the online HRA. Then, access the HRA here.

Xavier Wellbeing is pleased to offer this voluntary opportunity to all employees at no cost (regardless of your participation in Xavier’s medical plan). You are not required to participate in the Know Your Numbers campaign. **However, those employees who choose to participate by completing BOTH the Biometric Screening and online Health Risk Assessment by Friday, September 22, 2017 will qualify for the reduced Wellbeing medical premium rate, if they enroll in Xavier’s medical plan in CY2018.**

The Biometric Screening will include the following measurements: cholesterol and glucose, blood pressure, BMI, body composition and abdominal circumference measurements. **A 12-hour fast is required prior to your screening (nothing but plain water and necessary medications during this time).**

The online Health Risk Assessment is a 60-question lifestyle questionnaire. Combined with your biometric results it provides an overview of your risks for developing certain chronic diseases. It will also indicate how to lower your risk in each area.

All information from the Health Risk Assessment and Biometric Screening is confidential. The Office of Human Resources (OHR) will not receive any personal health information. They will only receive aggregate data and notification that assessments and screenings were completed. The aggregate data will assist Xavier Wellbeing and OHR in designing future programs to address the health needs of our population and serve as a baseline for measuring the effectiveness of those programs.

If you have any questions about Xavier Wellbeing or the Know Your Numbers campaign, please contact Valerie Sprouse, Xavier’s Wellbeing Coordinator, at Valerie_Sprouse@TriHealth.com or 513-977-0027.