

Healthy Purdue 2009

Information to successfully complete Healthy Purdue



Blood Health Screening + Healthpath Questionnaire + 4 Wellness Achievement Apples = \$200

Step One: The Screening

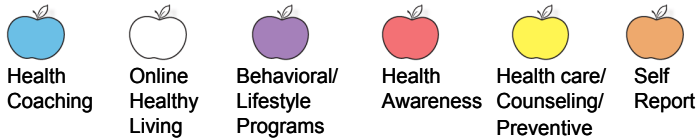
- Complete your free Blood Health/Cholesterol Screening
- Screenings free for employees, retirees and spouses every year.
- Register for a screening online at www.ipfw.edu/health and click "Cholesterol Screening"
- Can use your cholesterol data from beginning September 2008 through November 20, 2009 for the 2009 HealthPath Questionnaire
- Can also go to Parkview Ley Road Lab for your free screening. Great for busy schedules and spouses!
Contact Jen Roherty for more information.

Step Two: The Questionnaire

- HealthPath Questionnaire is a secure, online health questionnaire. Purdue does not have access to your personal health information.
- Complete your HealthPath Questionnaire yearly online at the Staywell website or request a paper copy by calling 800-926-5455.
- Go to www.purdue.edu/healthypurdue and click the Staywell icon
- Create a username and password using your or your spouses PUID or log in with your previous username.
- ITS can assist you if you do not know your PUID.
- Staywell hotline, 800-926-5455 can help you if you have problems logging on.

Step Three: The Apples

You Pick the Apples. You Pick the Order.



- The HealthPath Questionnaire is available February 2-November 20, 2009
- Completion of Healthy Purdue means a reduced premium (credit) in 2010.
- Premium credit will apply monthly or bi-weekly (according to pay schedule).
- Complete 4 of 6 apples criteria.

Blue Apple: Health Coaching

- A Staywell Health Management Apple.
- Coaching is offered after you complete your healthpath questionnaire. Based on your risks, at least one moderate risk, an educational focus area will be suggested to you.
- You can choose phone or mail based communication.
- Coaching takes 6 months to complete, with communication once per month register by June 30 to ensure completion.
- Be sure to complete the evaluation after month 4. This will ensure credit for participating.

White Apple: Healthy Living Program

- A Staywell Health Management apple.
- Log in to Staywell. Your Staywell home page has a yellow tool box on the right hand side of the screen. Locate *Healthy Living Programs* in your toolbox and then follow the onscreen instructions to register.
- This is a minimum of a 6 week email based program.
- Select from several topics and receive an email each week. Read several articles and confirm that you read them to complete the week's assignment.
- Complete the Staywell evaluation to receive credit for completing the program.
- Register by September 11 to ensure completion

Purple Apple: 6-14 Week Programs

- Purple apples can complete on or off-campus.
 - **Campus Offerings:** Step up to Fitness, Stress Less, Fruit and Vegetable Challenge, Weight Watchers, RAD, Fitness classes and more!
 - **Be Fit Challenge:** Start this challenge any time! For 6 weeks, log exercise minutes or pedometer steps per day. *Contact Jen Roherty to register.*
 - **Community Alternative Programs:** *Contact Jen Roherty or Judy Tillapaugh* if you are participating in a community 6-14 week program.
 - **Training Alternative:** Prepare and participate in an organized event. www.purdue.edu/healthypurdue/forms.htm

Red Apple: Health Awareness

- 45-60 minute health education session
- **4 ways to earn a red apple:**
 - **Staywell Health Centers:** Complete 3 health center sessions to earn one red apple. Staywell will log the completion of these and will update Purdue when you finish.
 - **On-Campus:** Attend a workshop, no registration needed. IPFW Wellness will log your completion.
 - **Check My Apples, Purdue Course Offerings:** Red apple online courses via power point. Purdue will log your completion.
 - **Off-Campus Community Alternative:** Contact Jen Roherty if you are attending a health awareness event off campus.

Yellow Apple: Health Care, Counseling and Preventative Medicine

- This is a self-report apple accessible through *Check My Apples* website.
- **Three ways to earn. Complete only one:**
 - Meet with your health care provider or counselor to discuss one aspect of your HealthPath Questionnaire results such as mental well-being, stress, weight, cholesterol, blood pressure or tobacco use
 - Meet with a personal trainer or dietitian (free employee/spouse resource at IPFW)
 - Receive your yearly age and gender suggested preventative exams. Suggested exams listed with HealthPath Questionnaire results.

Orange Apple: Self Report

- Self-report apple accessible through *Check My Apples* website.
- **Practice one of these healthy choices for at least 6 months in 2009:**
 - Avoid tobacco products
 - Eating five fruits and vegetables most days of the week
 - Practice stress management techniques weekly (for example, tai chi, yoga, deep breathing).
 - Exercising for 30 minutes most days of the week
- Available to self-report in July 2009 at the *Check My Apples* website.

Four Important Websites

- **IPFW Health and Wellness:** www.ipfw.edu/health
- **Healthy Purdue:** www.purdue.edu/healthypurdue
- Accessible from the Healthy Purdue Page:
 - **StayWell:** Complete your yearly healthpath questionnaire at the Staywell website. Log into StayWell with a unique username and password or create one using your Purdue username and password. Spouses create their own using the employees PUID.
 - **Check My Apples:** Check apple completion progress throughout the year. Log in using your Purdue username and password. Spouses will create their own account using the employees username and password.

2009 Financial Incentive

- Each employee and spouse/partner can earn \$200 for their completion of Healthy Purdue 2009.
- Complete all three steps, in no particular order, before November 20, 2009 to complete Healthy Purdue 2009.
- New employees can join in upon hire.
- You do not have to participate in Purdue benefits to receive financial credit. If you are eligible for Purdue benefits, you can receive financial incentives. All employees are encouraged to participate in organized programming.

Your IPFW Campus Wellness Contacts

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