

YOUR PLAN FOR HEALTH™

What's your **PLAN**?

Thanks to your commitment and engagement in 2013, more people participated in YP4H than ever before! Over 27,000 completed a Personal Health & Well-Being Assessment (PHA), more than 16,000 attended an on-campus screening and nearly 27,000 participated in challenges and earned rewards.

*After the long, cold winter it is time to **SPRING** into wellness. What is your **PLAN**? What **ACTIONS** will you take to maintain or improve your happy, healthy, productive life at work and at home?*



VISIT
yp4h.osu.edu
TODAY!

YP4H is here to support you and provide the following opportunities.



STEP 1 Schedule and Complete a Biometric Screening

Know Your Numbers: obtain your Height, Weight, Blood Pressure, Total Cholesterol, HDL and a Blood Sugar value (either glucose or A1c) from your primary care provider or an on-campus screening.

On-Campus Screening

To assist you in completing your PHA, your health values obtained from an on-campus screening will automatically populate your PHA. **To schedule a complimentary appointment visit yp4h.osu.edu → click *Start Here*.**

Primary Care Provider

To make the completion of the PHA easier for more OSU Health Plan (OSUHP) members, effective **June 3, 2014**, when you visit a primary care provider at Ohio State or Central Ohio Primary Care, you will also benefit from having your values automatically populated to the PHA. **To learn more, carefully read the message on the back of this flyer from OSUHP and visit osuhealthplan.com.**



STEP 2 Complete the Personal Health & Well-Being Assessment (PHA)

Once you *Know Your Numbers*, complete your online health questionnaire by **September 30, 2014**. Your complete PHA (including all of the above health values) will allow you to earn a premium credit and have plan choice for 2015.

To complete the PHA visit yp4h.osu.edu → click *Start Here*.



STEP 3 Take Action! Participate in health challenges, coaching and educational opportunities.

After you complete your PHA you are eligible to earn additional rewards through participating in exciting and motivating challenges, events, coaching and educational opportunities. Earn points for actions you take to maintain or improve your health.

To earn up to an additional \$150 in gift cards, visit yp4h.osu.edu → click *Log In To My Plan*.

A Message From the OSU Health Plan (OSUHP)

Knowing your biometric health values is a required component in completing your Personal Health & Well-Being Assessment (PHA). To date, only those members receiving their values by way of a complementary on-campus biometric health screening have benefited from the health values automatically loading into their PHA.

To make the completion of the PHA easier for all those on the OSUHP medical plan, effective **June 3, 2014**, members visiting a care provider at OSU Physicians, Central Ohio Primary Care or a provider who utilizes LabCorp will also benefit from having their values automatically populated to the PHA.

Carefully review the following chart to determine which values will be uploaded and which may still need to be manually entered into the PHA.

Provider	Health Values Automatically Loaded
→ On-Campus Screening	Height, Weight, Blood Pressure, Total Cholesterol, HDL and A1C
→ OSU Physicians (OSUP)	Height, Weight, Blood Pressure, Total Cholesterol, LDL, HDL, Glucose and A1C
→ Central Ohio Primary Care (COPC) and other network providers using LabCorp	Total Cholesterol, LDL, HDL, Glucose and A1C <i>Note: You will need to manually enter your height, weight and blood pressure into your PHA.</i>

What you can expect:

Q *How soon after my screening will my data load into my PHA?*

A Depending on where you obtain your screening, it could take between one week and one month.

Q *How do I ensure that I complete the 2014 PHA requirements before the deadline?*

A Knowing it may take one week to one month to upload your biometric health values, consider having your screening much earlier than the September 30 deadline.

Q *How is my health data protected?*

A Your medical records and biometric health values are protected by HIPPA. Both the OSUHP and Limeade (administrator of the PHA) are bound by the laws of HIPPA to protect your information.

Q *What other data besides the health values will load into my PHA?*

A Nothing but the values listed in the chart will load into your PHA

Q *How will I know if my health values have successfully loaded in my PHA?*

A You will receive an automated email from the Your Plan for Health portal (powered by Limeade) confirming a successful upload.

Q *How do I know if my provider uses LabCorp?*

A Ask your provider office where their lab results are processed.

Q *What if I have more questions about this process?*

A Visit our website at osuhealthplan.com or contact us by phone at **614-292-4700** or **800-678-6269**.