

Why Invest Your Time in Wellness?



UW-OSHKOSH

On average, for every 100 employees...

- 60 have a sedentary job
- 50 feel they're under moderate tension
- 50 don't wear their seatbelt regularly
- 35 are overweight by 20% or more
- 30 smoke
- 27 have cardiovascular disease
- 25 or more have high cholesterol
- 10 are heavy drinkers
- 10 have high blood pressure
- 7 use marijuana
- 5 diagnosed diabetes, 5 undiagnosed
- 1 uses cocaine





Choosing a healthy lifestyle is key to your wellness.

- 70% of all illness is related to lifestyle choices.
- 50% of all premature deaths are due to unhealthy lifestyles!

Lifestyle risks:

- ❖ Smoking
- ❖ Poor eating habits
- ❖ Alcohol use
- ❖ Lack of exercise

High risk conditions:

- ❖ High cholesterol
- ❖ High blood pressure
- ❖ Alcoholism
- ❖ Obesity

How do you know if you are at risk? You can find out if you...

Participate in the **HRA**

- A **H**Health **R**Risk **A**ssessment is a computerized survey tool, which looks at an individual's family history, health status and lifestyle.
- An **HRA** seeks to identify risks associated with premature death and serious illness and assesses the health risks of an individual.
- The **HRA** includes a questionnaire , screening and counseling.
- **10 minutes is all it takes!**



The HRA Questionnaire

- You will complete a **CONFIDENTIAL** questionnaire prior to your appointment, that covers areas such as:
 - Smoking
 - Seat belt use
 - Exercise
 - Eating habits
 - Alcohol use
 - Stress
 - Family and personal history



Why should you participate annually in the HRA?

- To keep track of your own progress.
- Identify health risks
- To ensure you are making the right lifestyle modifications.
- To invest in yourself and stay healthy for you and your family.

HELP YOU LIVE A LONGER,
HEALTHIER LIFE!



The Health Screening

- The confidential screening at your worksite includes:
 - Full Lipid Panel (Total Cholesterol, HDL, LDL, and triglyceride levels)
 - Glucose levels
 - Blood Pressure
 - Height and Weight
 - Body Fat
 - Body Mass Index



Be sure to fast 12 hours before your test!

Your Individual Report



- About 1 month after the HRA screening you receive a individual report assessing your health.
- This 14 page report will review your results and provide suggestions and ideas to manage your health
- Will assess you current health history and will also provide annual health review

YOUR EMPLOYER WILL NOT SEE YOUR RESULTS!



1-1 Discussion of Individual Report

- Optional
- Review your health risk areas
- Educate you on your screening results
- Help set goals and refer to expert help where needed
- Recommend health improvement programs, such as weight loss or smoking cessation
- Provide educational hand-outs
- Dates:
 - April 9 (8am-5pm)
 - April 18 (8am-5pm)
 - April 27 (8am-noon)

The Integrative Report

- UW-Oshkosh receives a *general* group report that helps identify the university's high risk areas.
- The university will **NOT** receive individual employee results.
- This group report helps UW-Oshkosh direct its wellness program's goals and initiatives.
- The report illustrates the impact of wellness efforts to show improvement or changes.
- The report tracks progress and trends.
- The report measures the success of the Healthy Titans 2010 wellness program!

HRA: Your Obligations

- Complete the self-assessment survey
- **Fast 12 hours before your test**
- Show up for your HRA screening at your designated date/time; bring your completed survey
- Pick up your individualized HRA report

Sign Up Today!

It's **FREE** to the 1st 250 employees to sign up!

Screening Dates/Times

* March 13, 15, 20, 22, 30, 2007

* Time: 7:00 – 11:00 am

Place: College of Nursing, Room NE 20

To reserve your time contact:

Human Resources

424-1166; hroffice@uwosh.edu

Do it for you & your loved ones!