



HEALTHY YOU
WORKING TOGETHER FOR YOUR WELLNESS



Year Two on the Road to a HEALTHY YOU



FOR ALL EMPLOYEES:

Attend three or more HEALTHY YOU programs to be entered into the iPad2 raffle. (Programs between November 2011 and May 2012 - and health fairs count!) When you attend an event, have your Passport to Wellness stamped and return the ticket to HR by 5/31. The winning ticket will be drawn on 6/1.

Our popular HEALTHY YOU program encourages Wellesley College employees and their families to live healthier lifestyles and fosters a campus-wide culture of health awareness.

Last year, hundreds of Wellesley College employees and their spouses responded to a confidential Harvard Pilgrim Health Questionnaire (HQ) designed to increase awareness of individual health and well-being. More than 80 then took advantage of the program's free personal health coaching.

STEP 1: Know Your Numbers - *For employees and spouses in the health plan*

Complete the confidential HQ on the secure Harvard Pilgrim *HPHConnect* Web site (www.harvardpilgrim.org/wellesleycollege). You will be asked to enter six biometric numbers on the HQ – height, weight, blood pressure, total cholesterol, HDL and glucose level – to qualify for the \$100 VISA gift card. Covered spouses can also earn rewards for taking the HQ.

STEP 2: Make a Health Plan - *For employees and spouses in the health plan*

Once you complete the HQ you can work with a certified Harvard Pilgrim personal health coach to make a confidential, health-related plan. There is no charge for this service. To hear what your colleagues are saying about their journeys to health and their coaching experiences, visit [http://web.wellesley.edu/web/ Dept/HR/healthyu.psml](http://web.wellesley.edu/web/Dept/HR/healthyu.psml).

HEALTHY YOU Health Fairs on Campus

Attend one of the **Know Your Numbers** biometric screenings on campus. These events include biometric screenings, online Harvard Pilgrim HQ assistance and a nutrition information table. A Harvard Pilgrim personal health coach also will be attending!

For your convenience, computer terminals will be set up at the screenings so you can log on to the Harvard Pilgrim HQ and begin completing your questionnaire immediately.

Visit one of these Health Fairs:

April 17th
Alumnae Hall
3:00 p.m. – 6:00 p.m.

May 1st
Alumnae Hall
12:00 p.m. – 3:00 p.m.

For more information
about HEALTHY YOU
programming, visit:

<http://web.wellesley.edu/web/Dept/HR/healthyu.psml>
www.healthyyouhmi.org
www.harvardpilgrim.org/wellesleycollege



**Harvard Pilgrim
HealthCare**