

# This way to a HEALTHY YOU!

Follow these 7 steps to take your Health Questionnaire (HQ) and earn the \$100 VISA gift card.

Taking the Harvard Pilgrim HQ is a key step to a HEALTHY YOU. Here's how to get your HQ completed and earn your \$100 VISA gift card:

## step 1 Know Your Numbers.

You will enter six biometric numbers on the HQ – height, weight, blood pressure, total cholesterol, HDL and glucose level. If you know your numbers from the November Benefits Fair or from visits to your doctor, no need to repeat them. You can also get your numbers with a biometric screening at one of the on-campus HEALTHY YOU Fairs this spring:

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

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

## step 2 Login to your Harvard Pilgrim HPHConnect for members account.

Visit [www.harvardpilgrim.org/wellesleycollege](http://www.harvardpilgrim.org/wellesleycollege) and login through the HPHConnect box on the top left of the page. If you do not have an account, select "create an account." Enter your Harvard Pilgrim ID number (from your ID card), birth date, ZIP code and the last four digits of the subscriber's Social Security number. Then choose a password to activate your account.

## step 3 Get started.

Once you login to your HPHConnect account, you'll be taken to the Healthy Futures Web page. Click on the orange **Get Started** button. Another window will open that reads "Get started by taking a Health Questionnaire." Click "get started today" and begin taking your HQ.

## step 4 It takes 20-30 minutes to complete the HQ.

All questions are important. Be sure to enter your six required biometric numbers: height (#5), weight (#6), blood pressure #8), total cholesterol (#9), HDL (#10) and glucose level (#13) – to qualify for the \$100 VISA gift.

## step 5 Say "yes."

While taking the HQ, say "yes" to Question #50 and a Harvard Pilgrim nurse who is a certified Personal Health Coach will contact you to help you plan and achieve health improvement goals. There is no cost for this service.

## step 6 Submit your HQ.

When you are finished taking the HQ, hit the **submit** button. Do not submit the HQ until all required biometrics have been completed. If the HQ is submitted with incomplete information, you can't enter additional data and will not be eligible for the gift card. If you are not ready to submit, save the HQ and you can come back later to finish.

## step 7 Reap your rewards.

If you submit your HQ by May 31, 2012 with the required biometrics, you will be rewarded with a \$100 VISA gift card. Your covered spouse also is eligible to earn the reward, and another \$100 will be added to your gift card if your covered spouse completes the HQ with the required biometrics by May 31, 2012. Once you submit your HQ, your personal profile will be ready immediately. The easy-to-read Individual Profile offers a comprehensive picture of your health status, and identifies any risk factors. The profile also includes actionable information on how to reduce your risks by changing specific behaviors in each health category.

For more details, visit <http://web.wellesley.edu/web/Dept/HR/healthyu.psml>, [www.healthyyouhmi.org](http://www.healthyyouhmi.org) or [www.harvardpilgrim.org/wellesleycollege](http://www.harvardpilgrim.org/wellesleycollege)