



March, 2012

Year Two of HEALTHY YOU

.....Remember, HEALTHY YOU is for all employees!

Dear Colleague:

Last year we introduced the HEALTHY YOU initiative to help our employees and their family members improve and maintain their health. A key component of this initiative was the completion of the online Harvard Pilgrim Health Plan's confidential Health Questionnaire. More than 470 employees and covered spouses completed the online questionnaire and received a \$100 VISA gift card.

We learned from the aggregated results that the three main health risks we face at Wellesley College are body weight, high blood pressure, and stress. This knowledge helped us design the HEALTHY YOU programs introduced this winter and spring including:

- the six-part mindfulness series (a sell-out)
- the March "Breaking the Stress Cycle" brown bag session
- the Health Fairs coming to Alumnae Hall on April 17th and May 1st with biometric screenings, a health coach option, a nutrition information table, and computers to complete the online HQ.

Year Two of HEALTHY YOU builds on the success of Year One.

- Health plan members and covered spouses will again be encouraged to complete the online Health Questionnaire to receive a **\$100 Visa gift card**.
- If you attend three or more HEALTHY YOU programs since November 2011, you will be entered into a drawing for an iPad2.
- We will soon announce a **Share Your Story** promotion. All employees who send in a short video of their journey to better health will receive a **\$25 Visa gift card**. Examples may include a video of you cooking a healthy meal, your spinning class, or taking a walk around the Lake to reduce stress. Stay tuned for more information about this promotion.

Engage with a Coach - change your life!

In Year Two, the HEALTHY YOU initiative will offer health plan members the opportunity to engage with a Harvard Pilgrim coach. These coaches are experienced nurses who are ready to work with you to achieve your health goals. When you complete your online HQ **say Yes to question #50**. Last year more than 80 Wellesley College employees and family members worked with a HPHC coach, and you can see video testimonials from several of your College co-workers to hear what they say about their own health journey.

For example, Angela, a faculty member, discusses her experience with her coach in her video testimonial: **"She's great. She commends me when I reach my goal and when I haven't, she says, "well that's ok we can start again," so that's really been helpful."**

OVER





HEALTHY YOU

WORKING TOGETHER FOR YOUR WELLNESS

View more testimonials from Wellesley College employees at
<http://web.wellesley.edu/web/Dept/HR/Benefits>

HEALTHY YOU is for everyone.

Here is a summary of the components of the HEALTHY YOU initiative and who is eligible to participate.

HEALTHY YOU Programs	open to all employees	open to health plan members
Brown bag lunchtime programs	X	
iPad2 drawing for attendance at three or more programs – drawing is on June 1st	X	
Know Your Numbers biometric screenings at the Health Fairs April 17 th and May 1st	X	
Online HQ at the Fairs – receive a \$100 VISA gift card*		X
Engage a Coach		X
Nutrition Information table at the Fairs	X	
Share Your Story promotion - receive a \$25 VISA gift card* for all employees who participate	X	

The College is very supportive of our HEALTHY YOU initiative and we are excited that we have had such a positive response. Please see the enclosed flyer, call HR, or email to healthyu@wellesley.edu, and visit the site, <http://web.wellesley.edu/web/Dept/HR/healthyu.psml> for additional information about these programs.

See you at the upcoming fairs! Here's to a HEALTHY YOU!

Sincerely,

Eloise See McGaw

Assistant VP & Director Human Resources & Equal Opportunity

Marymichele Delaney

Associate Director & Benefits Manager

* Note – IRS regulations state that gift cards are taxable compensation to the employee. As a result, the value of the card will be reported as taxable income in a pay cycle following receipt of the gift.

Enclosure: Year Two on the Road to a HEALTHY YOU

