

Want to know how to be a HEALTHY YOU?

Complete your personal Health Questionnaire to find out

Answer a few confidential questions about your lifestyle and other factors that might affect your health, add your basic biometrics such as weight, height, blood pressure, cholesterol and glucose and receive a personalized report with steps to help you improve or maintain your health.

Complete the personal HQ with required biometric numbers online by April 30, 2011 and get a \$100 gift card! Don't discard your card. Have your enrolled spouse complete the HQ and your card will be reloaded with an additional \$100.

The HQ is strictly confidential. It's administered by Harvard Pilgrim Health Care. Only you and the health professionals at HPHC are allowed to see your answers and your report.

It's easy to complete your HQ. Simply go to www.harvardpilgrim.org/wellesleycollege; click on "Login" and register; after log in, click on "Get Started" to access Harvard Pilgrim's Healthy Futures web pages. Completing the HQ will take about 15 minutes. Remember, better health starts with you! Take the first step by completing your HQ.

Know Your Numbers

Your basic biometrics are necessary to completing the HQ successfully and receiving the \$100 gift card. Stop by one of the biometric screenings being held **on campus** to help you *Know Your Numbers*.

Date	Time	Location
February 28th Monday	8:30 a.m. to 11:30 a.m.	Tishman Commons Cow Rm
April 28th Thursday	3:00 p.m. to 7:00 p.m.	Tishman Commons Cow Rm

Or, contact your doctor for this information if you've had a physical exam recently.

Take Action...

- ➔ Complete your HQ with the required biometrics online starting February 28, 2011
- ➔ Complete it by April 30, 2011 to receive a \$100 gift card
- ➔ Have your enrolled spouse complete the HQ to get an additional \$100 loaded onto your gift card

For more information about your personal Health Questionnaire, read the **Fast Facts and On the Road Brochure on the HR Healthy You web site** at <http://web.wellesley.edu/web/Dept/HR/healthyu.psml> or www.harvardpilgrim.org/wellesleycollege. Hard copies of the materials are also available in Human Resources, Green Hall, as well as from your union officials on campus.



Harvard Pilgrim
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HEALTHY YOU
WORKING TOGETHER FOR YOUR WELLNESS