As part of that support, the University System of New Hampshire is offering our annual MyPath2Wellness program. MyPath2Wellness is designed to get you engaged in your health – and help you improve it – while providing a valuable incentive.
Knowing your health numbers – also known as biometric numbers – can help you take steps to keep these indicators in a healthy range and lower your risk for disease.

Workplace screenings make it easy to obtain key numbers for:

- Blood pressure
- Total Cholesterol
- HDL
- Glucose (sugar levels)
- Waist circumference
- Height, weight and body mass index measures

Workplace screenings are scheduled at each campus during October. Check the screening schedule on the next page for your location date and times.

How to earn your reward

Status benefits eligible faculty and staff can earn an incentive by taking two simple steps. Complete both Step 1 and Step 2 of the MyPath2Wellness program and you will receive up to a $400 credit toward your 2017 USNH employee medical plan cost. Step 1 must be completed by October 28 and Step 2 must be completed by November 18, 2016.
MyPath2Wellness biometric screening schedule

You can attend a screening at any USNH location. Find a date and location below that works for you. Please be sure to sign up for your screening by visiting www.screeningreg.com.

Login: usnh  Password: healthy

<table>
<thead>
<tr>
<th>CAMPUS</th>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Granite State College – Conway</td>
<td>Monday, 10/10</td>
<td>11:00 am–2:30 pm</td>
<td>Room 119</td>
</tr>
<tr>
<td>Keene State College</td>
<td>Tuesday, 10/11</td>
<td>7:00 am–1:00 pm</td>
<td>Madison St Lounge, Young Student Center</td>
</tr>
<tr>
<td>System Office – Concord</td>
<td>Tuesday, 10/11</td>
<td>9:30 am–1:30 pm</td>
<td>HR Area</td>
</tr>
<tr>
<td>Granite State College – Manchester</td>
<td>Tuesday, 10/11</td>
<td>11:00 am–2:30 pm</td>
<td>Rooms 105 &amp; 108</td>
</tr>
<tr>
<td>University of New Hampshire – Durham</td>
<td>Wednesday, 10/12</td>
<td>8:00 am–4:00 pm</td>
<td>MUB Strafford Room</td>
</tr>
<tr>
<td>Granite State College – Rochester</td>
<td>Wednesday, 10/12</td>
<td>11:00 am–2:30 pm</td>
<td>Room 105 &amp; 124</td>
</tr>
<tr>
<td>Granite State College – Claremont</td>
<td>Thursday, 10/13</td>
<td>11:00 am–2:30 pm</td>
<td>Room 110 &amp; 111</td>
</tr>
<tr>
<td>University of New Hampshire – Durham</td>
<td>Tuesday, 10/18</td>
<td>8:00 am–4:00 pm</td>
<td>MUB Granite State Room</td>
</tr>
<tr>
<td>Plymouth State University</td>
<td>Tuesday, 10/18</td>
<td>10:00 am–6:00 pm</td>
<td>Hartman Union Building, Hage Room</td>
</tr>
<tr>
<td>University of New Hampshire – Durham</td>
<td>Wednesday, 10/19</td>
<td>7:30 am–4:30 pm</td>
<td>West Edge, 1 Leavitt Lane, Rm 223/225</td>
</tr>
<tr>
<td>Keene State College</td>
<td>Wednesday, 10/19</td>
<td>1:00 pm–6:00 pm</td>
<td>Madison St Lounge, Young Student Center</td>
</tr>
<tr>
<td>Plymouth State University</td>
<td>Wednesday, 10/19</td>
<td>8:00 am–4:00 pm</td>
<td>Hartman Union Building, Hage Room</td>
</tr>
<tr>
<td>University of New Hampshire – Durham</td>
<td>Thursday, 10/20</td>
<td>8:00 am–4:00 pm</td>
<td>MUB Strafford Room</td>
</tr>
<tr>
<td>System Office – Concord</td>
<td>Thursday, 10/20</td>
<td>9:30 am–1:30 pm</td>
<td>HR Area</td>
</tr>
<tr>
<td>Plymouth State University</td>
<td>Thursday, 10/20</td>
<td>7:00 am–3:00 pm</td>
<td>Hartman Union Building, Hage Room</td>
</tr>
<tr>
<td>University of New Hampshire – Manchester</td>
<td>Monday, 10/24</td>
<td>11:00 am–3:00 pm</td>
<td>Multi-Purpose Room</td>
</tr>
<tr>
<td>University of New Hampshire – Durham</td>
<td>Tuesday, 10/25</td>
<td>7:00 am–3:00 pm</td>
<td>MUB Granite State Room</td>
</tr>
<tr>
<td>Granite State College – Concord</td>
<td>Tuesday, 10/25</td>
<td>10:00 am–2:00 pm</td>
<td>Event Center 2nd Floor</td>
</tr>
<tr>
<td>University of New Hampshire – Durham</td>
<td>Wednesday, 10/26</td>
<td>9:00 am–3:00 pm</td>
<td>MUB Room 334/336</td>
</tr>
<tr>
<td>System Office – Concord</td>
<td>Wednesday, 10/26</td>
<td>9:30 am–1:30 pm</td>
<td>HR Area</td>
</tr>
<tr>
<td>Keene State College</td>
<td>Friday, 10/28</td>
<td>9:00 am–4:00 pm</td>
<td>Madison St Lounge, Young Student Center</td>
</tr>
<tr>
<td>Employee Clinic: University of New Hampshire – Durham</td>
<td>Daily, Monday – Friday</td>
<td>7:00 am–1:00 pm</td>
<td>Health Services*</td>
</tr>
</tbody>
</table>

* To schedule an appointment at the UNH clinic, please visit: http://www.unh.edu/health-services/employee-clinic
Our fun and easy online health assessment (formally known as the health questionnaire) can provide you with valuable information about your health and lifestyle. You’ll answer questions about your medical history, including how you see your health status and whether you are ready to change certain habits.

It takes about 15 minutes to complete the health assessment, and you instantly receive a personalized health profile. This profile offers a comprehensive picture of your health status, as well as helpful guidance to begin improving your health.

Individual health assessment results are not shared with your employer. There are no right or wrong answers, but taking your health assessment will tell you if you’re on the right track to good health and, if not, how to get there.

**How to take the health assessment**

To begin, have your numbers ready from the biometric screening you attended. Then, create an account on myCigna.com:

1. Go to: [https://my.cigna.com/?token=3340028](https://my.cigna.com/?token=3340028)
2. Scroll down and select “Register Now”
3. Follow the directions to create a user ID and password then select option 2
4. Click **GET STARTED!** to take your health assessment

This is your pre-enrollment log-in. After January 1, you’ll be able to have full access to all the personalized tools and resources that myCigna.com has to offer!
Cigna and you: getting to know each other

After January 1, 2017, a Cigna health advocate (coach) may give you a call to help manage your health.

When we call, our goal is to learn what’s important to you – whether it’s help for a chronic condition or making healthy choices. Your health advocate will tell you their name and why they’re calling, then help you determine the best way Cigna can assist you. If you decide you want to join the program, you can set up a one-on-one telephonic coaching session at no cost to you.

If you have any questions for Cigna once your new plan begins after January 1, feel free to call us at 800.Cigna24 (800.624.6224).

NEXT STEPS

› Check the biometric screening schedule on page 3, find a date that works for you and register online.
› Attend a biometric screening to get your numbers.
› Using your numbers from the screening, complete the online health assessment by registering on myCigna.com.
› Status benefits eligible faculty and staff must complete the biometric screening by October 28 and the health assessment by November 18 in order to receive the 2017 USNH medical plan credit of up to $400.

Know your deadlines – get your reward!

Status benefits eligible faculty and staff who complete both Step 1 and Step 2 will receive up to a $400 credit toward their 2017 USNH medical plan cost. Step 1 must be completed by October 28 and Step 2 must be completed by November 18.
FREQUENTLY ASKED QUESTIONS
Here are answers to a few common questions about USNH’s MyPath2Wellness program

1. Who is eligible for a MyPath2Wellness credit incentive?
   Status benefits eligible faculty and staff who anticipate enrolling in the 2017 USNH medical plans are eligible for up to a $400 credit toward their 2017 USNH employee medical plan cost.

2. Why should I participate in the wellness program?
   One of the shared goals of USNH and Cigna is to promote health and well-being, and create a healthier workplace for everyone. MyPath2Wellness includes support and resources that can benefit everyone, no matter where they are on their personal wellness journey. We encourage everyone to take these 2 easy steps – attend a biometric screening and take a health assessment – to learn more about their current health status and find ways to become healthier.

3. How do I sign up for a biometric screening?
   Just check the schedule on page 3 and sign up for a date and location that works for you at www.screeningreg.com. Login: usnh  Password: healthy

4. How long does the biometric screening take?
   Arrive 5 to 10 minutes prior to your appointment time to fill out paperwork. The screenings take about 15 minutes.

5. I am not able to participate in any of the Campus Biometric Screening events; is there another option to participate?
   Yes, please contact your Campus Human Resources Office to request the “Physician Screening” form and for details regarding the process. Please note: You are responsible for sending your completed “Physician Screening” form back to Interactive Health on or before October 28, 2016.

6. Where does my health assessment information go after I complete it?
   Health assessment information is compiled and stored at Cigna. We maintain the information and take measures to help keep it secure as required by state and federal law. We only use and disclose your health assessment information as described in our privacy policy. For more information visit www.cigna.com/privacyinformation.
7. Am I required to participate in the MyPath2Wellness program?
No. Your participation in the program is voluntary. You will need to participate in order to receive the reward.

8. How will I get my 2017 USNH medical plan credit for participating in MyPath2Wellness?
Your USNH medical plan credit of up to $400 for participating in MyPath2Wellness will be applied in equal amounts toward your 2017 USNH medical plan payments and reflected as a wellness credit on your paystub.

9. What does “up to $400” in plan credit reward mean?
If you’re enrolled in the Open Access Plus with Health Savings Account (HSA) employee only coverage, your annual deduction is actually less than $400. So with the Open Access Plus with HSA, your discount will be equal to your annual cost. This means if you complete both Steps 1 and 2 of the wellness program by the deadlines, you will have $0 in medical deductions for 2017.

10. Does USNH receive any type of personal information as a result of the biometric screening and health assessment completed by employees?
Your individual screening and health assessment results will not be shared with USNH. The information received is aggregate and is used to help plan future wellness initiatives.

11. Whom should I contact if I have question about MyPath2Wellness?
Please contact your campus Human Resources office with any questions.

Please Note: If there is any conflict between this brochure and the official plan documents, the plan documents will govern.