August 22, 2014

To: Status Benefits Eligible USNH Faculty & Staff

Offering our employees a comprehensive, competitive benefits package plays a vital role in USNH’s commitment to excellence in all we do. An important component involves the benefits we provide to help support the health and well-being of our faculty and staff.

With that in mind, we’ve evaluated our current wellness programs and looked for ways to continue to improve and streamline our offerings. As a result, we’re pleased to announce an exciting new program: MyPath2Wellness, a multi-phase program featuring best-in-class wellness practices. Designed to increase employee participation and engagement in health improvement, this new program provides an incentive and support to promote healthy behaviors.

Our Wellness Connection Fitness Club Membership benefit will remain in place, but we will discontinue the Health Education/Member Rewards at the end of this year.

Here’s a very brief overview of MyPath2Wellness, which includes the participation and completion of two simple steps:

**Step 1: Know your numbers** – By participating in the Biometric Screening program, you’ll become more aware of your own personal health. The screening includes body mass index (BMI), blood pressure, glucose (sugar level), cholesterol and tobacco use. The numbers from the screening will also help you complete the Health Questionnaire noted below.

**Step 2: Understand your health status** – Once you know your numbers, the next step is to self-assess certain aspects of your current lifestyle, health-related behaviors and risks by completing a confidential online Health Questionnaire (HQ). The HQ will provide you with a personalized health profile.

*Please Note: Your personal health information will not be shared with USNH, and your right to privacy will be protected according to Harvard Pilgrim privacy guidelines.*

**Get rewarded – up to $400!**
Eligible employees who participate in both the Biometric Screening and the HQ will receive up to a $400 reduction off their 2015 Harvard Pilgrim medical plan annual premium. Step 1 must be completed by September 26 and Step 2 must be completed by November 7.
More great news – 0% renewal increase!
Medical premiums will not be increasing for 2015, so this reward results in a savings from your current premium costs.

Details to follow
Look for more information later this summer, including details on eligibility, screening schedules and more. If you have questions in the meantime, please contact your Campus Human Resources Office.

We look forward to your participation and to helping you continue to make positive changes to your health.

Sincerely,

Robin A. Switzer
Chief Human Resources Officer
University System of New Hampshire