



**Healthy
Living
Is
Important**
for you, for your family, for campus

Screenings provided by:

Memorial
Health & Lifestyle Center™

For more information:

Call askHR at 574-631-5900

Email askHR at askHR@nd.edu

or

Visit the Healthy Campus website at
www.healthycampus.nd.edu

Information About:

Your Privacy

The Screenings

My Personal Results

Where to Enter Your Information



**2009 Personal Health Screening Information
For October's WebMD's Health Quotient**

SAVE THIS PAMPHLET TO RECORD YOUR RESULTS FOR WEB MD'S HEALTHQUOTIENT (HQ)

Screenings are the first step in completing the WebMD Health Quotient and saving you \$120-\$180 per year!

IMPORTANT

Your privacy is protected both during the screening process and afterward. The University of Notre Dame does not receive information linking your screening results to you. Here's what happens:

1. Your screening is conducted by the Memorial Health & Lifestyle Center. They collect aggregate data on results as an organization, but none of the information they retain is attached to you in any way. That's why it's so important for you to keep these records of your results.
2. After your screening is complete, your results will be written inside this pamphlet. No other record identifying your results will exist, so be sure to keep this information in a safe place. Save it and you'll have a record of your results from year to year.
3. Between October 1 and November 6, you are encouraged to complete the WebMD Health Quotient and enter your results through a secure web connection at:

www.healthycampus.nd.edu

As an incentive to participate in the Health Quotient, \$120 annually is credited toward your medical plan contribution (\$10/month). If your spouse is also on the University's medical plan and participates, an additional \$60 annually (\$5/month) is credited.



MY PERSONAL RESULTS

	My Levels	Desirable Levels
Total Cholesterol		<200
Triglycerides		<150
Glucose		<100 fasting
HDL		>40
LDL		<130
TC/HDL Ratio		4.5 or less
Age:		
Height:		
Weight:		
Body Fat %		<19 men; <26 women
Blood Pressure:		<120 systolic; <80 diastolic

Congratulations!

You've taken the first step to improving your health by learning about your current biometric values. The last step in this process is to enter your results ("Your Personal Results") into the HealthQuotient Health Risk Assessment.

You can enter this information between October 1 and November 6, 2009 to qualify for the health insurance premium reduction incentive. So hang on to this pamphlet. It is important!

Don't Forget! You'll receive reminders to enter your information at the appropriate time, but go ahead and put it on your calendar now so you won't forget.

Thank you for participating in the 2009 Health Screening at the University of Notre Dame.

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