

2021 Health Appraisals

The Health Appraisal is voluntary and consists of an online health questionnaire and a biometric screening with health education. All employees, retirees and spouses are welcome to participate.



Log into the Wellness Portal

Access the portal starting **July 6** from your computer, tablet or smartphone.

Tip: To access the wellness portal from the Froedtert & MCW app on your smartphone, follow the log in steps on the next page.



Portal URL: www.workforcehealth.org/Hartford

Log into the portal using your previous username and password to complete the health questionnaire, schedule your health appraisal appointment and to view additional wellness resources.

To register if you are a new user or to reset your password or retrieve your username, use company code 0063 and User ID, which is your 8-digit UMR Member ID (Spouse: Use employee's 8-digit UMR Member ID plus SP (ex. 12345678SP).

Complete the Online Health Questionnaire



Complete the secure online health questionnaire on the wellness portal. It takes approximately 15 minutes and will generate a report providing a snapshot of your current health and future disease risk based on your responses.

***Questionnaire must be completed in order to be eligible for the Silver or Gold Incentive Tiers**

Schedule and Attend Your 30-Minute Health Appraisal Appointment

(Includes a biometric screening with health education)

- Appointments are required. Go to the wellness portal to schedule.
- Fast for 8-12 hours prior to appointment. Other than water, no food or liquids. Take medications as prescribed.
- Please wear a mask to your appointment.



During your in-person health appraisal appointment:

- A simple finger-stick blood test will measure: Total cholesterol, LDL, HDL, triglycerides and glucose
- We'll check your blood pressure and record your weight, height and waist circumference
- A health educator will immediately review your numbers with you

**Health Appraisal Location:
Recreation Center**

Date: July 20, 21, 22, 24 and 26

Time: 6:30-10:30 a.m.

Incentive Tiers: NEW for 2021

For more information, visit the wellness portal



- **Bronze** – No participation in the health appraisal or incomplete online health questionnaire = \$1900 single/\$3000 family deductibles
- **Silver** – Participation in the health appraisal with a PHRS below 75 but do not complete coaching/challenge activities = \$950 single/\$1500 family deductibles
- **Gold** – Participation in the health appraisal with a PHRS of 75 or higher and/or coaching/challenge activities completed = \$475 single/\$750 family deductibles

Questions?

Contact Workforce Health at 414-777-5890
Monday-Friday, 7:30 a.m.-4:30 p.m.



Workforce Health

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