



**CONFIDENTIAL - EASY - MOTIVATING - PRIZE REWARD**

**2<sup>ND</sup> ANNUAL HEALTH QUESTIONNAIRE INCENTIVE PROGRAM**

Begins on October 1, 2012 and ends on December 31, 2012

As part of MBCR's ongoing commitment to assist employees in proactively managing their health, we invite you to participate in our **completely confidential Health Questionnaire Incentive Program**.

**What is this health risk assessment questionnaire all about?**

Developed by the University of Michigan's Health Management Research Center, Harvard Pilgrim's Health Questionnaire is a **customized and innovative, secure web tool that will assist you in creating a personal plan for health**. Based on your answers to questions that are specifically designed to survey your current health status and lifestyle behaviors, the Questionnaire identifies your overall health risk score, areas of health risk, and gives **immediate guidance** for reducing your health risks through an easy-to-read **Individual Profile** that offers a comprehensive picture of your health status and identifies key risk factors.

**Utilizing the Health Questionnaire is a GREAT APPROACH to learn ways of making your life healthier and/or confirm all the good things you are already doing.** If you indicate in the Questionnaire that you are interested, you will be offered the opportunity to **confidentially** work with a Harvard Pilgrim Health Coach or participate in programs designed to improve your health. **Share the Questionnaire results (Individual Profile) with your primary care doctor who should find this helpful in his or her management of your overall medical care. This is absolutely confidential. MBCR does NOT receive any individual data.**

**Do I need a password to log in?**

Before you can take the Health Questionnaire, you must create an **HPHConnect** account using a unique username and password (if you don't already have one). **It's quick and easy to do!** To set up an **HPHConnect** account, follow the directions below:

- 1 Go to [www.harvardpilgrim.org](http://www.harvardpilgrim.org), and click on Members;
- 2 Choose "Create an account" on the left side of the screen;
- 3 Follow the prompts to create an account. You will need your Harvard Pilgrim Member ID card, date of birth, zip code, and the subscriber (MBCR employee) social security number to verify your identity; then
- 4 Follow the prompts to create a username and password. Your account will be created and you can login.  
*(If you have any technical issues, contact Harvard Pilgrim at: 888.333.4742.)*

**What is the incentive prize if I do this?**

**You get a \$25.00 gift card to STAPLES!** *How great is this prize for just 15 minutes of your time completing the Health Questionnaire that will assist in proactively managing your health?! IT'S THAT SIMPLE.*

**What will serve as proof that I completed the questionnaire?**

A copy of the page entitled "Health Risk Appraisal Profile/How to use your report" can serve as proof. This page has **no** identifiable information but will show that you completed the Health Questionnaire. Be sure to put your full name and MBCR ID Number on the top right hand corner of the page.

**Where do I send proof and when do I receive my prize?**

Send your proof of completion confidentially to Jill Cascarano, MBCR, 186 South Street, 3rd Floor, Boston, MA 02111; or confidentially fax it to: 617.222.8573. Please allow a few weeks for processing of your incentive prize.

*Please note that MBCR and Harvard Pilgrim greatly encourage medical-covered spouses and children age 18 and over to complete this Health Questionnaire, and use it as a great tool in managing their own health (exclusive of this Incentive Program being offered to MBCR employees).*