



SPECIAL WELLNESS COMMUNICATION



Together We Can!

Hold Down the Cost of Our Health Insurance Premiums

Aetna recognizes that if you know your health risk factors and take steps to control them, it will lead to less costly medical care— and they are giving us a chance to prove it.

Aetna has designed their Simple Steps To A Healthier Life® online wellness program to improve your overall health or simply fine-tune your daily habits. If the majority of employees enrolled in the Bates Medical Plan participate in the Simple Steps program, Aetna will use a lower medical cost rate when renewing our medical premiums.

Participation starts by signing into your Aetna Navigator Account and answering some questions in your online Health Assessment. You will be asked about your health habits and history. Your answers will help you understand what health needs you may have. The next step is to choose one of the online wellness programs suggested to you as a

result of your Health Assessment. Programs include targeted health and wellness goals such as:

- Stress management
- Weight management/ physical activity
- Nutrition and diet
- Managing depression
- Sleeping better
- Quitting smoking

Each program includes interactive tools, so you can feel confident that you are making healthy choices that fit into your everyday life. For Aetna to give us credit at least 70% of employees covered by Aetna (~420) must complete the Health Assessment and at least 50% of employees covered by Aetna (~300) must complete one of the on-line programs.

Why should you participate? The first step to taking control of your health is knowing your risk factors. Even if you are aware of the risks you have the Health Assessment records your results and

gives you a baseline which will assist you in tracking your progress in the future. The Health Assessment also helps populate your personal health record with Aetna.

Additionally, you will be joining your Bates colleagues in reaching the participation goal. As recognition of your participation, you will receive an "I DID IT!" t-shirt and entry into a raffle for additional incentive prizes. Participants can wear their t-shirt proudly and show that Together We Can hold down our health care costs.

What will be done with the information I provide in the Health Assessment? Aetna Navigator is a secure web site and all information you enter into your Health Assessment will remain confidential. HR will receive only a report of who completed the Health Assessment so that we can provide you with your t-shirt and track our progress towards our participation goals.

What is Aetna Navigator?

Aetna Navigator is your members-only website. It's secure, so your information is protected. Use at your convenience to manage your health and your health benefits.

- Wondering about the status of a claim?
- Need a temporary or replacement ID card?
- Want to change your primary care physician?
- Communicate with Aetna Member Services.
- Find a doctor in Aetna's network, see the doctor's prices* and learn how to prepare for your visit, before you go.
- View costs for services at hospitals and other medical facilities.*
- Review a secure record of your medical history.
- Access to a variety of health resource links which will help you learn about conditions, treatments and even physical fitness.

Go to www.aetna.com. Click on "Register Now" in the "Members: Secure Information" section.

Open computer lab times will be made available for employees without regular access to computers.

Taking the Controls

Taking the Controls! is a 12 week exercise and nutrition program paid for by the College that will include comprehensive screenings, individualized recommendations and guidance in making positive, healthy life changes.

Are you eligible for the Program? All benefit eligible employees, regardless of whether you are part of the Bates Medical Plan or not, can create an Aetna Navigator account and take the Health Assessment. Step 1: Take the Aetna Health Assessment. Step 2: Employees who score between 51 and 100 on the Aetna Health Assessment can volunteer for Taking the Controls!

Participants in the Spring, 2009 pilot program have said:

"As someone who took part in the PILOT Program for Taking the Controls, I strongly recommend anyone even thinking of taking

it, to do so. It is a very supportive, informative, and worthwhile program that keeps you motivated, provides helpful instruction, keeps you on track, all while designing a program specific to your individual needs. If you want a boost to get you headed towards a healthier lifestyle, THIS program is the one for you!"

"I have put many of the techniques we discussed into motion and my 'numbers' were so good at my last check up that even my doctor was pleased with me."

Taking the Controls! will be hosted by Pam Edgecomb, Personal Health Coach from Central ME Conditioning Clinic, Judy Donnelly, Nutritionist and Mike Milliken, Personal Trainer. Participants will learn how to interpret the results of their screenings, design a program that meets individual needs and receive tips and guidance on how

to stay on track.

There will be four sessions to choose from:

Wednesday afternoons, 2:30–3:30 or 4:00–5:00, and Thursday mornings 6:30–7:30 or 8:00–9:00. Determining which session would work best for you should be coordinated with your manager. The 12 week session will begin on September 23rd and end on December 17th. Pre-session screenings will be held during from September 7th through September 18th.

There will be small group sessions; space is limited and will be filled on a first-come first-serve basis. Complete your Health Assessment to see if you are eligible soon!

To volunteer for the program, contact Mike Milliken at x6936 or email Mike at mmillike@bates.edu.

A Health Record at Your Fingertips!

Keeping track of your health information can be overwhelming. Wouldn't it be great if you had:

- One location to keep one record of all that's going on with you and your family
- A way to store and organize all your health records
- A way to share important health information with your doctors
- A place that not only monitors your information, but also finds, then tells you of specific opportunities to improve your health
- And a place that sends you valuable clinical information, helping you prioritize what's most important for your health?

Introducing your private and secure Personal Health Record – on Aetna Navigator at www.aetna.com. From the moment you log on, you'll notice your Personal Health Record is up-to-date and organized. In fact, it will already contain a lot of information about you.

Your home page, called the Health Summary page, stores your past and current prescriptions; tests and procedures; immunizations and other important facts about your health that may be valuable to you or your doctors. You are also able to add information; the more information you give, the more you'll get out of your record by doing so.

At last, you have one place to store your health information - and it's always at your fingertips!