HEALTH ASSESSMENT INCENTIVE

Get a “snapshot” of your health. Complete two steps to qualify for up to $480 incentive on your medical plan.

USC is here to support you on your journey to better health. Whether you want to eat healthier foods, boost your activity or manage your stress—we are committed to helping you build healthy habits by offering programs and resources designed to help you reach your health goals.

Know your health and save!
The Health Assessment Incentive process remains the same.

STEP ONE: The confidential online health questionnaire helps you and your doctor identify lifestyle and health habits you can address to improve or maintain your health; it contains questions covering health history, habits, diet, exercise, stress and mood. You can complete it anywhere with internet access in about 15 minutes (you can save your answers and log back in to finish later).

STEP TWO: Sign up for an in-person health screening event, get your lab work with your doctor, or select a LabCorp location. Tests include: Body mass index, cholesterol, triglycerides, blood sugar, blood pressure, and waist to hip ratio measurement. While not absolutely necessary, accuracy of your blood sugar results is increased if you fast (water only) for 12 hours before your screening.

THE CONFIDENTIAL RESULTS—your “health numbers”—will then be sent to HealthFitness to populate your personal feedback report, which you can share with your doctor and use to help improve and maintain your health.

For login support for the HealthFitness website, contact customer service at 1-877-417-3361 or email: CustomerService@hfit.com

A new tool and wellness partner for 2020
Our new wellness partner, HealthFitness, can be found at uscwellness.cafewell.com. This new platform is designed to inspire healthy changes and guide you to resources for better health. As you become a frequent user, be on the lookout for wellness opportunities throughout the year.

IMPORTANT DATES:
Onsite Screening Events at USC:
September 16 to November 15, 2019
2020 Program Period:
August 19, 2019 through July 31, 2020

If both the questionnaire and the in-person screening are completed within the program year, you will receive up to $40 per month reduction in paycheck contributions for your medical plan in 2020. Complete both steps by December 31, 2019, and credits will begin January 2020. Complete steps after December 31, 2019, and credits will be applied to the following pay period once information is received.

Note: No retroactive credits provided for periods missed. This credit is not available for covered dependents.

FAQ
What’s in my feedback report?
The feedback report combines your responses and results to return an overall “wellness score” and brief summary of what that means along with your responses, risk factors, and suggestions for ways to improve and maintain your health. The report also includes links to more information and resources, plus a printable lab report and doctor discussion guide.

Is my privacy protected?
Your privacy is protected—always. Combined results from all participating employees provide USC with “big picture” trends to create benefits to help all employees improve and maintain their health. No one at USC who is not involved in your clinical care sees any of your individual results. Your individual results will not affect your eligibility for health care coverage or the amount you pay for your coverage (other than the $40/month credit for completing the assessment).