**HEALTH ASSESSMENT INCENTIVE**

Gain a healthy new perspective and qualify for up to a $480 incentive on your medical plan.

**Just two easy steps.**

**STEP ONE:** The quick, confidential Vitality Health Review online 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 20 minutes (you can also save your answers and log back in to finish later).

**STEP TWO:** Get your Vitality Check lab work done 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 Vitality to populate your personal feedback report, which you can share with your doctor and use to help improve and maintain your health.

**IMPORTANT DATES:**

**2021 Program Period:** September 1, 2020 through August 31, 2021

For credits to begin January 2021, employees will need to complete steps by 12/31/2020. If both the Vitality Health Review questionnaire and the Vitality Check in-person screening are completed within the program year, you will receive a $40/month reduction in your medical plan contributions.

**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 two steps outlined in the gold box at left).