



Welcome to

Healthy Benefits

Choose health

Healthy Benefits is an exciting wellness program from HealthPartners! You'll discover your health potential and get the support you need to improve your health. Plus, you'll get free access to helpful wellness tools and resources.

It's as easy as 1-2-3!

1. Complete HealthPartners quick, confidential health assessment between
2. Enroll in and complete one Healthy Benefits wellness program by
3. Qualify for

The following are answers to frequently asked questions about Healthy Benefits.

Overall

Why does support Healthy Benefits?

We're offering this program because your health is our priority. With Healthy Benefits, you can access tools and resources to help you make healthy lifestyle changes. Plus, by completing the Healthy Benefits requirements, you qualify for

Why the emphasis on wellness?

Wellness programs like Healthy Benefits help you and fellow employees identify ways to improve your health. Maintaining a healthy lifestyle enriches our lives and lowers healthcare costs for both employees and employers.

Is Healthy Benefits in place at other companies?

Yes. We're proud to bring our employees a program that has been very successful at helping employees at other companies make healthy lifestyle changes.

Benefit

What happens after this year?

Healthy Benefits is an annual program. Annual participation is important because a healthy lifestyle takes time and commitment. You'll need to complete the health assessment and one Healthy Benefits wellness program each year to qualify for

Participation

Do I have to participate?

No. You're not required to participate, but we hope you will. By participating, you'll qualify for

Can my covered

Is this open to other dependents on my policy?

I have a condition that prevents me from participating. What do I do?

No one will be denied qualification because they are medically unable to participate in Healthy Benefits. Please contact Human Resources if you have a situation that may prevent you from meeting the Healthy Benefits requirements.

Privacy

Who will see the results of my health assessment?

All health information related to Healthy Benefits is confidential. No one within the company will ever see employee health information collected as part of Healthy Benefits – only HealthPartners specialists who make wellness program recommendations will have access to your personal information.

Will any of my co-workers know if I don't participate?

Your choice to participate or not is confidential. Only your employer and HealthPartners will know.

Getting started

How do I get started?

Your health assessment results help you discover your health strengths and what you can do to improve your health. Your results will guide you to a Healthy Benefits wellness program that's right for you.

What if I took my health assessment and/or a program last year, does that count?

As our health status can constantly change, we need to continuously take care of ourselves. That's why we believe it's important to take the health assessment and complete a program every year.

Program

Which wellness program will I take?

Based on your health assessment results, your personal Healthy Benefits Web page will display Healthy Benefits wellness programs right for you. Depending on your results, you may get a call from a health coach to help you enroll in the right program for you.

There are a variety of Healthy Benefits wellness programs on a wide range of topics. These programs are delivered in several ways including online and phone-based coaching programs. You can access one program at no cost to you with Healthy Benefits.

What if I am already enrolled or would like to enroll in a disease management program?

How much time will it take for me to complete the program?

The length of the Healthy Benefits wellness program varies. Most programs can be completed over 8 to 12 weeks. Make sure you understand the program requirements before you enroll in order to leave enough time to complete before the deadline. Then you'll qualify for

How long do I have to complete the program?

We recommend you take the health assessment during a specific time frame to allow enough time to complete a program. Start Healthy Benefits by taking the health assessment between

After you take the health assessment, you must enroll in and complete one Healthy Benefits wellness program by

How will I know what my status is in completing the Healthy Benefits requirements?