

# Healthy Purdue 2009

Information to successfully complete Healthy Purdue



**Blood Health Screening + Healthpath Questionnaire + 4 Wellness Achievement Apples = \$200**

## Step One: The Screening

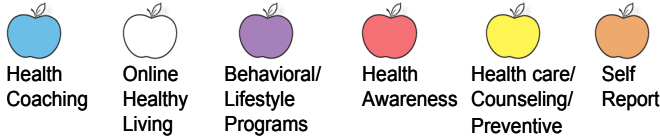
- Complete your free Blood Health/Cholesterol Screening
- Screenings free for employees, retirees and spouses every year.
- Register for a screening online at [www.ipfw.edu/health](http://www.ipfw.edu/health) and click "Cholesterol Screening"
- Can use your cholesterol data from September 2008-2009 for the 2009 Healthpath Questionnaire
- Can also go to Parkview Ley Road Lab for your free screening. Great for busy schedules and spouses! *Contact Jen Roherty for more information.*

## Step Two: The Questionnaire

- Healthpath Questionnaire is a secure, online health questionnaire. Purdue does not have access to your personal health information.
- Complete your Healthpath Questionnaire yearly online at the Staywell website or request a paper copy by calling 800-926-5455.
- Go to [www.purdue.edu/healthypurdue](http://www.purdue.edu/healthypurdue) and click the Staywell icon
- Create a username and password using your or your spouses PUID or log in with your previous username.
- ITS can assist you if you do not know your PUID.
- Staywell hotline, 800-926-5455 can help you if you have problems logging on.

## Step Three: The Apples

### You Pick the Apples. You Pick the Order.



- The HealthPath Questionnaire is available February 2-November 20, 2009
- Completion of Healthy Purdue means a reduced premium (credit) in 2010.
- Premium credit will apply monthly or bi-weekly (according to pay schedule).
- Complete 4 of 6 apples criteria.

### Blue Apple: Health Coaching

- A Staywell Health Management Apple.
- Coaching is offered after you complete your healthpath questionnaire. Based on your risks, at least one moderate risk, an educational focus area will be suggested to you.
- You can choose phone or mail based communication.
- Coaching takes 6 months to complete, with communication once per month
- Be sure to complete the evaluation after month 4. This will credit you for participating in the program.

### White Apple: Healthy Living Program

- A Staywell Health Management apple.
- Log in to Staywell. Your Staywell home page has a yellow tool box on the right hand side of the screen. Locate *Healthy Living Programs* in your toolbox and then follow the onscreen instructions to register.
- This is a minimum of a 6 week email based program.
- Select from several topics and receive an email each week. Read several articles and confirm that you read them to complete the week's assignment.
- Complete the Staywell evaluation to receive credit for completing the program.

### Purple Apple: 6-14 Week Programs

- Purple apples can complete on or off-campus.
- IPFW hosts several purple apple programs during the year:
  - Step up to Fitness, Stress Less, Fruit and Vegetable Challenge, STEPtember, Weight Watchers, RAD, Fitness classes and more!
  - **Be Fit Challenge:** Start this challenge any time! For 6 weeks, log exercise minutes or pedometer steps per day. *Contact Jen Roherty to register.*
  - **Community Alternative Programs:** *Contact Jen Roherty or Judy Tillapaugh* if you are participating in a community 6-14 week program.

## Red Apple: Health Awareness

- 40-60 minute health education session
- **4 ways to complete:**
  - **Staywell Health Centers:** Complete 5 health center sessions to earn a red apple. Staywell will log the completion of these and will update Purdue when you finish.
  - **On-Campus:** Attend a workshop, no registration needed. IPFW Wellness will log your completion.
  - **Check My Apples, Course Offerings:** Red apple online courses via power point. Purdue will log your completion.
  - **Off-Campus Community Alternative:** Contact Jen Roherty if you are attending a health awareness event off campus.

## Yellow Apple: Health Care, Counseling and Preventative Medicine

- This is a self-report apple accessible through *Check My Apples* website.
- **Three ways to complete:**
  - Visit with a health care or mental health provider to discuss your personal health.
  - Meet with a personal trainer or dietitian (free resource at IPFW)
  - Receive your yearly age suggested preventative exams

## Orange Apple: Self Report

- Self-report apple accessible through *Check My Apples* website.
- **Practice one of these healthy choices for at least 6 months in 2009:**
  - Be smoke-free
  - Eat your suggested servings of fruits and vegetables most days
  - Practice stress management techniques most days
  - Engage in exercise most days of the week
- Available to self-report in July 2009.

## Four Important Websites

- **IPFW Health and Wellness:** [www.ipfw.edu/health](http://www.ipfw.edu/health)
- **Healthy Purdue:** [www.purdue.edu/healthypurdue](http://www.purdue.edu/healthypurdue)
- Accessible from the Healthy Purdue Page:
  - **StayWell:** Complete your yearly healthpath questionnaire at the Staywell website. Log into StayWell with a unique username and password or create one using your Purdue username and password. Spouses create their own using the employees PUID.
  - **Check My Apples:** Check apple completion progress throughout the year. Log in using your Purdue username and password. Spouses will create their own account using the employees username and password.

## 2009 Financial Incentive

- Each employee and spouse/partner can earn \$200 for their completion of Healthy Purdue 2009.
- Complete all three steps, in no particular order, before November 20, 2009 to complete Healthy Purdue 2009.
- New employees can join in upon hire.

## Your IPFW Campus Wellness Contacts

### Judy Tillapaugh

IPFW Fitness/Wellness Coordinator

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### Jennifer Roherty

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