Healthyroads...







WANT TO LEARN MORE?

Log on to Healthyroads.com or call 877.330.2746 to get started now!



Participants who complete a PHA and get a biometric screening will be entered into exciting University of Alaska-sponsored raffle drawings. Winners can choose a gift certificate to either a gym, bike shop, sporting goods store, the Nike® online store, or the Fitbit® online store. The earlier you complete both activities, the more chances you'll have to win!





It's easy! Employees and spouses/FIPs (Financially Interdependent Partners) enrolled in the UA Choice health plan are eligible.

To earn your rebate, complete the following by June 30, 2014:

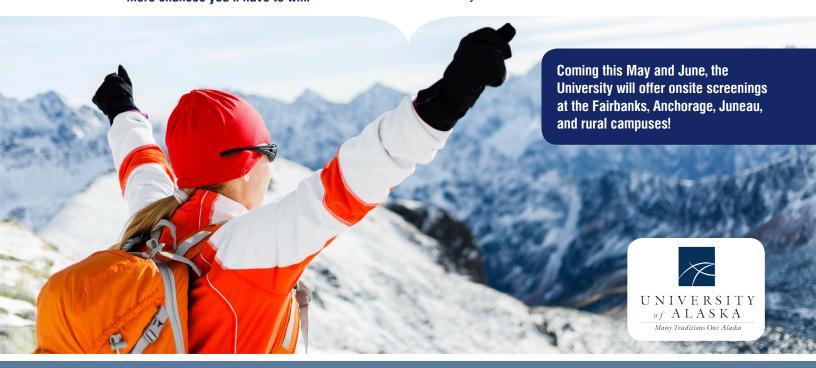
your health plan payroll contribution!

STEP 1: Complete a Personal Health Assessment (PHA) on Healthyroads.com.

STEP 2: Get a biometric screening. Visit your own health care provider (bring your form downloadable from Healthyroads.com), or **visit a Quest Diagnostics® Patient Service Center (PSC).** To schedule you screening at a PSC, go to My.BlueprintForWellness.com.

 Enter the following Registration Key to complete your screening at a remote Quest Diagnostics® Patient Service Center (PSC): UOAremote

Employees can access Healthyroads by visiting www.alaska.edu/benefits, then selecting the link for Healthyroads. Spouses/FIPs will need to go to Healthyroads.com and create an account.



Healthyroads may use and/or provide participation information to your plan sponsor/employer or its contracted entities that administer your plan for incentive fulfillment purposes. Healthyroads may also use this information to provide you with other services on behalf of your plan sponsor/employer. Your participation serves as your consent for Healthyroads to use and/or provide this information as stated above.