



**NEW IN 2014!**

## Get Healthy, Get Rewarded



### WANT TO LEARN MORE?

Log on to [Healthyroads.com](http://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!

**Getting healthy can really pay off!** Participate in the Healthyroads Incentives® Program to earn a rebate on your health plan payroll contribution!

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:**

**STEP 1:** Complete a Personal Health Assessment (PHA) on [Healthyroads.com](http://Healthyroads.com).

**STEP 2:** Get a biometric screening. Visit your own health care provider (bring your form downloadable from [Healthyroads.com](http://Healthyroads.com)), or **visit a Quest Diagnostics® Patient Service Center (PSC)**. To schedule your screening at a PSC, go to [My.BlueprintForWellness.com](http://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](http://www.alaska.edu/benefits), then selecting the link for Healthyroads. Spouses/FIPs will need to go to [Healthyroads.com](http://Healthyroads.com) and create an account.

**Coming this May and June, the University will offer onsite screenings at the Fairbanks, Anchorage, Juneau, and rural campuses!**



UNIVERSITY  
of ALASKA  
*Many Traditions One Alaska*

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.

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