



## Frequently Asked Questions (FAQs)

Q: What is “Wellness” and why is it important for our campus?

A: Wellness can be described as a multidimensional approach to the improvement of overall personal health, including physical, mental, social, and emotional health. Wellness is important to Ferris State University in that it improves the personal health of our employees and their dependents. In addition, increased health and wellness will have positive effects on employee attendance, productivity, organizational accountability, and health insurance rates for the employee population. By having a healthy population, Ferris State University can continue to prepare students for successful careers, responsible citizenship, and lifelong learning.

Q: Who is Asset Health?

A: Asset Health is a knowledge management company that will assist Ferris State University in creating a culture of wellness through a combination of Health Assessments, Biometric Screening, online educational courses, wellness tracking, rewards, integration with wellness and disease management programs, and ongoing employee communication.

Q: How do I participate in the Wellness Program?

A: In order to be considered a participant in the Wellness Program, full-time, benefit eligible employees and spouses must complete the following “gateway” items by the appropriate deadlines:

1. Complete an annual Health Assessment
2. Complete an annual onsite or doctor completed paper form Biometric Screening

A: In order to earn the quarterly incentive a participant in the Wellness Program must complete the following by the end of the quarter:

1. Complete and track 10 “Healthy Activity Credits” each quarter

Healthy activity credits can be earned and tracked under any category, in any combination.

Q: How will my participation be rewarded?

A: Participants in the Wellness Program that are enrolled in the Ferris State University sponsored medical coverage will be eligible to receive a pre-tax lump sum reimbursement (offsets medical premiums) of up to \$75 for employee and \$45 for spouse participation each quarter. Reimbursements will be paid out twice a year in February for Q1 & Q2 and in August for Q3 & Q4. Participants will also be eligible for a 50% discount in the public membership rates at the Student Recreation Center and the Racquet and Fitness Center for new and renewed memberships. This discount will apply to the membership fees for the employee, 2 person, and family membership rates.

Q: What happens if I stop participating as defined above?

A: If you fail to meet the gateway and/or quarterly credit requirements listed above, you will remain a participant however you will not earn the incentive for that quarter(s) in which you did not meet the requirements. At the point you meet the above requirements again, you will restart earning the incentive for that quarter.



Q: How do I complete my Health Assessment or track my “Healthy Activity Credits”?

A: You will create and log into your account at [www.assethealth.com/ferrisstateuniversity](http://www.assethealth.com/ferrisstateuniversity). First time users please enter the following credentials:

Employees

Username: Ferris Banner ID# Password: your 5-digit home zip code

EXAMPLE: Username: 12345678 Password: 49307

Spouses with a Banner ID# (Employee hired before 2/1/14)

Username: Ferris Banner ID# Password: your 5-digit home zip code

EXAMPLE: Username: 87654321 Password: 49307

Spouses **without** a Banner ID# (Employee hired before 2/1/14)

Username: Employee’s ID# + “s” Password: your 5-digit home zip code

EXAMPLE: Username: 12345678s Password: 49307

Newly married spouses & spouses of employees hired after 2/1/14 use Spousal Registration

How to register a spouse:

1. Ferris State University employee will access his/her account.
2. Click on my settings located in the upper right side of the home page.
3. Fill out the required information.
4. Once the required information has been entered hit the submit button at which point the employee will inform his/her spouse the username and password that he/she has created.
5. The Spouse will log in to the site and start the Asset Health experience.

Your Ferris Banner ID is located next to your name on your printed paystub. For security of protected health information collected by Asset Health, you and your spouse should select a personalized username and password following the initial log in. The tabs at the top of the page will access the Health Assessment and the Tracking Tool.

Q: Is my health information accessible by anyone at Ferris?

A: Your personal information is completely confidential and is not accessible by Ferris State University. Asset Health will serve as the agent of record for your participation and eligibility for the incentives or rewards. The University will only be notified of your eligibility for the lump sums reimbursements and/or the University fitness facility membership discounts.



Q: What information is tracked during the **annual** Biometric Screening and how long will it take?

A: The Biometric Screening will screen for total cholesterol and HDL cholesterol, non-fasting glucose (blood sugar), blood pressure, weight, BMI, and waist circumference. To schedule a screening appointment (when they are onsite), go to [www.hsscreeningreg.com](http://www.hsscreeningreg.com).

Username: ferris Password: healthy

Select "Create a New Account" and enter the information requested. Choose an event and appointment time. The appointment is expected to take 20-25 minutes. Please be punctual and hydrated prior to your appointment. Following the collection of the biometric data, you will have the opportunity to briefly speak with a health coach.

Q: Will it be difficult to track 10 "Healthy Activity Credits" each quarter?

A: Asset Health makes it easy to track your "Healthy Activities" using the Activity Tracker Tool. "Healthy Activities" can include moderate to strenuous physical activity, attending health educational sessions, completing an annual physical with your physician, semi-annual dental visits, age and gender appropriate diagnostic screenings, smoking cessation or weight loss program participation. Participants that track an average of 1 "Healthy Activity" per week over the 13 week quarter will easily meet the 10 credit requirement. There is no maximum limit for activity tracking.

Q: Will there be other incentives and rewards for participating?

A: Participants will also be entered into drawings for various giveaways throughout the year for completion of all four quarters in a plan year, and participation in a variety of personal and team activity challenges. Special events, trainings, Lunch and Learn sessions, and discounted or free fitness classes may also be offered throughout the year.

Q: What is involved in Lifestyle Management coaching and how do I participate?

A: Wellness Program participants that complete the required Health Assessment and Biometric Screening will receive a "Risk Overview" from Asset Health. The "Risk Overview" will be compared against common health and lifestyle risk factors. Participants that meet three or more of the risk factors will be enrolled to participate in Lifestyle Management phone coaching. Coaches will assist employees with a strategic plan to improve their health.