

APSCUF NEWS ITEM

January 5, 2010

Healthy U Phase III Reminder

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REMINDER

HEALTHY U – PHASE III – DEADLINE FOR COMPLETION MAY 31, 2010

If you and/or your eligible spouse/partner have yet to complete the pledge and the wellness profile, set aside some time before the new semester begins to complete the requirements. Remember, the base employee contribution rate increases to 15% on July 1, 2010 for all members, and in order not to contribute an extra 10% toward your employee contribution for not participating in the Healthy U plan, you and your eligible spouse/partner must obtain the 70 points necessary but May 31, 2010.

Step One. You and your eligible spouse/partner **must first complete the pledge and wellness profile.** The pledge and wellness profile is worth 30 points. [Click here](#) for detailed instructions on how to log in and complete the pledge and wellness profile. [Click here](#) to review APSCUF's Update **dated July 2, 2009 for additional information.**

Step Two. Preventive Exams and Services - If a service has been performed during the required time frame, it must be self-reported in your Healthy U account. If service has been scheduled but yet to

happen, you still can register the date of service(s) in your Healthy U account. You do not have to wait until the visit or service is incurred.

Physical Examinations Only

(Please be aware that preventive screenings/tests may or may not be eligible for reimbursement under your health plan; have your provider check with Highmark prior to permitting any services other than the exam.)

Based upon age and **pre-recorded exam date from Phase 2**, you may have already met the Physical Exam requirement. If so, this field will be automatically populated for you. **If, based upon age or non-participation in Phase II, you have not met the Physical Exam requirement**, the exam date field will be blank. This member and/or eligible spouse/partner will need to schedule their exam and/or log it into the physical exam field, ([Click here](#) to view the chart for age and frequency/date(s) must range from July 1, 2008 through June 30, 2010). If this program is selected, 30 points will be added once information has been logged in to the appropriate field.

Annual Gynecological Exam (females only)

To obtain 30 additional points, females may schedule or if already received log-in their annual gyn exam date. To qualify, gyn exam date must be date July 1, 2009

through June 30, 2010.

Mammogram (females only, 40 years of age and over, are eligible to receive this service annually)

To obtain 30 additional points, females may schedule or if already received log-in their annual mammogram exam date. To qualify the exam date must be dated July 1, 2009 through June 30, 2010.

Other Preventive Screenings – May obtain 30 points for only ONE additional preventive service (check with insurance provider regarding eligibility, frequency and reimbursement)**

Below is a listing of some additional, but not limited to, eligible preventive screenings which are not specifically listed on the PPO preventive schedule:

- Male mammograms (if self referred, faculty go to www.pafac.com)
- Mammograms for female members under the age of 40 (faculty review PA Faculty Health and Welfare Fund at www.pafac.com)
- PSA test
- Colonoscopy
- Clinical Skin Exam
- Dental, Vision or Hearing Exam (faculty view schedule of benefits under PA Faculty Health and Welfare Fund/ Coaches benefits under UCCI, NVA and Highmark)

(Continued on next page)

Healthy U Update

Annual Flu Shot

Have you scheduled and obtained your flu shot? If so, log-in the required information – receive 15 points.

Learn how to log-in and register your preventive services. To review APSCUF's Update with details and instructions, [click here](#) (July 9, 2009)

At this point, if you successfully completed the pledge, wellness profile, self-reported one physical exam and received your flu shot – your Healthy U account should indicate that you have obtained 75 points and successfully completed Phase III. If you have chosen not to either schedule or obtain a preventive service you will need to choose another point valued program to reach the required 70 points needed. Please remember some of the options require time to complete – when selecting a program keep in mind the deadline for successful completion is May 31, 2010. Some programs do not automatically update your total point value, so you will need to check back at a later date in order to verify your points were recorded.

APSCUF is pleased to provide you with a series of links to assist you and your eligible spouse/partner through the requirements for



Healthy U. All of these links can be found on [APSCUF's website](#):

[Healthy U page](#)

[Healthy U Phase 3](#)

[Pledge](#)

[Preventive Exams](#)

[Fitness Workouts](#)

News –

[July 2, 2009](#)

[July 9, 2009](#)

[July 24, 2009](#)

[August 7, 2009](#)

[August 21, 2009](#)

[August 28, 2009](#)

[October 1, 2009](#)

IMPORTANT BENEFIT ANNOUNCEMENT FROM THE PA FACULTY HEALTH & WELFARE FUND

APSCUF is pleased to announce that the Health & Welfare Trustees have approved improvements for the vision and dental plans. These improvements became effective on **January 1, 2010**.

Through your union support and the diligent work of the Fund's Trustees, these benefit improvements have been made possible. Improving benefits in this tight economy is a great accomplishment and one the union and the Fund are proud of.

[Click here to view the full announcement.](#)

Stay informed about Healthy U!
Visit the Healthy U page
on the State APSCUF website!