Xavier Employee Wellness
Know Your Numbers

Do you know your risk level in the key health areas of heart disease and stroke, anxiety and stress, diabetes, cancer and depression? By knowing your numbers in these areas you can start to take control of your health and wellbeing.

Xavier is pleased to offer the opportunity to all employees at no cost (whether or not they are currently taking advantage of Xavier’s medical plan) to know their numbers through the Know Your Numbers campaign. To know their numbers, employees will need to complete two activities. The first is completion of a health risk assessment, a short questionnaire about lifestyle choices and how employees spend their days that will take less than 10 minutes to complete. The second is a biometric screening, which is a confidential health screening conducted by HealthWorks that measures numbers such as blood pressure, a blood chemistry profile and complete blood count, body mass index, and waist circumference. After completing the health risk assessment and the biometric screening employees will receive a six-page report summarizing their personal health in the key health areas noted above.

The health risk assessment is on-line and can be completed any time. The biometric screening will take place on campus in the Schiff Family Conference Center in the Cintas Center on Wednesday, Sept. 7, and Thursday, Sept. 15, from 7:30 a.m.-10:30 a.m. Employees also have the option of completing the biometric screening at a LabCorp location. The health risk assessment and biometric screening must be completed by Sept. 23 in order to qualify for the wellness premium when enrolling in Xavier’s medical plan for calendar year 2017. The wellness premium will be $50 a month less than the 2017 calendar year standard premium* for an expected annual savings of $600.

To complete the health risk assessment and schedule an appointment for an on-campus biometric screening on Sept. 7 or Sept. 15, visit www.cincyhealthworks.com and click on the “Portal Login.” Follow the directions on the website for your user name and password. Or you can contact HealthWorks at 513-751-1288.

To schedule an appointment for a biometric screening at LabCorp, send an email to benefits@xavier.edu and you will receive the necessary paperwork and contact information for your screening.

All information from the health risk assessment and biometric screening is confidential. The Office of Human Resources (OHR) will only receive notification that assessments and screenings were completed as well as aggregate data. The aggregate data will assist the OHR in designing future programs and activities to address the health needs of employees and serve as a baseline for measuring the effectiveness of offered programs.

If you have questions about the Know Your Numbers campaign, email the Office of Human Resources benefits@xavier.edu or call extension 3638.

* The 2017 calendar year standard premium will not be finalized until October 2016.