



Wellness Tools for Most City of Seattle Employees - DRAFT

The City of Seattle provides voluntary and confidential wellness programs through most City medical plans to help you and your dependents age 18 or over determine your health risks now and plan for a healthier future. You may access the wellness programs conveniently from work or home; there is no special software to buy or install. The registration processes are quick, easy, and secure.

These programs provide a health assessment tool to gauge your health risks, readiness to change certain health behaviors, and the impact of health on productivity. Your answers to these questions generate tailored health reports to help you focus on areas of your health that matter the most and an action plan that is personalized to help you achieve and maintain good health through healthy living programs. See chart below for wellness tool features.

Wellness Tool	Aetna (Simple Steps to a Healthier You) Available 10/1/2008	Group Health (Momentum) Available 1/1/2007
Health Assessment Questionnaire (Aetna) Health Profile (Group Health)	Sixty-one question online health assessment to determine health risks. Voluntary. Data is secured.	Interactive, branching logic online Health Profile questions integrated with electronic medical records for members using a Group Health medical center. Voluntary. Data is secured.
Report	One-page, printable document.	Detailed 10-15 page document, including embedded links to Healthwise.
Action Plan	One action plan with up to 10 online programs.	Choice of three action plans.
Personal Health Record (Aetna) Group Health Medical Records	Aetna's Personal Health Record is powered by CareEngine technology. Medical information is automatically populated based on claims data submitted to Aetna. Member enters other health information not provided by claims. Uses targeted messages, alerts, and reminders via each individual's record.	All claims, including pharmacy and lab, are included in the member's permanent record. Their Health Profile data is integrated into the electronic medical record. Any updates or other self-reported data can be included in the Health Profile. Members can access their health records through MyGHC.org.
Physician Notifications	If CareEngine uncovers a potential medical error or opportunity to improve care, the physician is informed by phone, fax, or mail. Also send message to member's Personal Health Record.	The Health Profile completion can trigger an immediate flag in the member's record alerting the physician/care team. GH members are also engaged in care management programs.
Lifestyle Coaching	N/A	Unlimited time and calls. Lifestyle Coaching is included with membership in Group Health.
How Do I Access?	Most City employees and their adult dependents on the Preventive or Traditional plan may access Simple Steps to a Healthier Life through their account at www.aetnavigitor.com .	All City employees and their adult dependents on the Group Health Standard or Deductible plan may access Momentum through their online account at www.myghc.org

The Aetna wellness tools are **not** available to employees covered by union contracts with the International Brotherhood of Electrical Workers Local 77, the Seattle Police Officers Guild, and the International Association of Fire Fighters Local 27.