

News You Can Use

OPEN ENROLLMENT STARTS TODAY

Take Care with the New Aetna HealthFund (HRA)!

Emory has added a new plan — the Aetna HealthFund (HRA) — to your options for 2008. During this year's Annual Benefits Enrollment, you will have the opportunity to choose from four medical plan options. The new plan not only provides you with healthcare benefits, but it can also help improve your health!

The Aetna HealthFund (HRA) is similar to a traditional medical plan in that it has a deductible, co-insurance and an out-of-pocket maximum. However, with this plan, you can also pay for medical expenses with a health reimbursement account (HRA) funded by Emory. Emory contributes \$500 for employee only coverage and \$1,000 for employee + spouse/SSDP or family coverage. You can earn up to an additional \$800 in incentives toward your HRA for employee only coverage or \$1,600 for employee + spouse/SSDP or family coverage by participating in and completing various health activities. You have the opportunity to receive up to \$1,300 (employee only coverage) or \$2,600 (employee + spouse/SSDP or family coverage) in your HRA from Emory!

Get paid for making healthy choices!

Aetna HealthFund (HRA) Health Activities

Not only do you receive funds from Emory for participating in health activities, but your participation also helps you get healthy or healthier! The health activities available to you are designed to help you understand your current level of health and assist you in areas where you can improve. Health activities include:

HealthQ - Complete the HealthQ and earn \$150* for your HRA.

- ☑ The HealthQ is an online health risk assessment that assesses your current level of health against national health standards.
- ☑ Once you complete the questionnaire, you will receive your results and a personalized Action Plan, including suggestions and resources to help you improve your health and well-being. Your results are confidential and will only be reviewed by Aetna.

Personal Health Record - Complete the Walk Me Through tool and earn \$150* for your HRA.

- ☑ Walk Me Through, Aetna's personal health record tool, gives you online access to detailed health history, health care alerts and clinical information, all in one convenient, confidential resource.
- ☑ You can store, update and view health records for all members of your family. What's more, Walk Me Through will evaluate your information and show you how to save money and choose the right care.

Preventive Care - Seek preventive care and earn \$250* for your HRA.

- ☑ By getting any of the following preventive care services, you can receive additional funding: Well-Adult visits, Well-Baby and Well-Child visits, Well-Woman visits, immunizations and flu shots, routine mammograms and routine eye exams.
- ☑ You can only receive HRA funds for participating in one of the available preventive care services.

*Preventive Care is 100% Covered!
Emory is committed to helping you Take Care. With the Aetna HealthFund (HRA), you don't have to pay anything for preventive care – the plan covers the full cost. And you will receive \$250 in your HRA for getting preventive care!*

Personal Fitness Plan - Create your own plan and earn \$250* for your HRA.

- ☑ Creating a personal fitness plan can help you achieve your fitness goals.
- ☑ When you create your own personal fitness plan according to Aetna's guidelines, you will reap healthy rewards!

Disease Management Program - Participate in one program and earn \$250* for your HRA.

- ☑ If you have a chronic condition, Aetna offers 35 disease management programs to help you improve your health.
- ☑ If identified by Aetna to participate, Aetna will coordinate education, counseling, patient self-care and physician support to help you manage your condition, avoid complications and improve your quality of life.

Achieve your health-related new year's resolutions! Start a healthy 2008 by participating in the Aetna HealthFund (HRA) health activities.

Healthy Living Program - Participate in one module and earn \$250* for your HRA.

- ☑ Aetna's Healthy Living Programs are online health and wellness modules designed to help you achieve a healthy balance.
- ☑ Topics include diet, exercise, stress, weight loss, heart health, cancer, diabetes, tobacco cessation and alcohol awareness.
- ☑ If identified by Aetna to participate, you may complete one of the 10 available modules.

* Per covered adult – adult represents covered employee or covered spouse/SSDP.

How can I participate in the Aetna HealthFund (HRA) health activities?

If you enroll in the plan, you will receive a welcome packet from Aetna. The packet will provide details on participating in the health activities. You have the entire plan year to accumulate funds for participation. You will also be able to find additional information on the Human Resources web site in 2008.

Your Unused Funds Carry Over into 2009!

If you do not use all the funds in your HRA, your leftover funds will carry over to 2009 to cover your deductible and other out-of-pocket medical expenses. The maximum amount permitted in your HRA is \$1,800 (employee only) or \$3,600 (employee + spouse/SSDP or family). You can potentially reach these maximums if you did not use any of your HRA funds in 2008 – your fund would consist of your 2008 carry over (\$1,300 or \$2,600) plus Emory's 2009 contribution (\$500 for employee only coverage and \$1,000 for employee + spouse/SSDP or family coverage).

Learn more about the Aetna HealthFund (HRA) in your 2008 Annual Benefits Enrollment Kit.

It's Worth A Shot!

Emory 2007
Flu Shot Campaign

It's that time of year again, when we need to winterize our bodies for the upcoming flu season. Although flu season does not peak until November and December, you need to get your flu shot now. Why? Because your body needs the time to produce the antibodies required to resist the flu. Experts recommend that the vaccine be given 6-8 weeks before the start of flu season. **The Emory 2007 Flu Shot Campaign begins on October 22.** No-cost/low-cost flu shots are being sponsored by the FSAP and Emory University Student Health Service.

For more information, please contact the FSAP at **404-727-4328** or visit www.emory.edu/fsap. To view a map of the various Flu Shot Campaign locations, visit http://map.emory.edu/mappff/esri_wireless/Emory_Wireless_ID.pdf.

What You Need To Know:

- * Flu shots are **FREE** to Emory Employees with their Emory Faculty/Staff ID AND Emory Employee Health Insurance Card.
- * Flu shots are **FREE** to Emory Students insured by the Emory Student Health Insurance Plan with their Emory Student ID AND Emory Health Insurance Card.
- * For all other Emory Students the cost is **\$17.00**.
- * For all Non-Emory Employees and Non- Emory Students (over the age of 17) the cost is **\$25.00**.
- * **No Appointment is necessary**

Day	Date	Location	Time
Monday	Oct 22	Dobbs University Ctr. (DUC), 3rd Floor Room 355	10:00 am – 3:00 pm
Tuesday	Oct 23	Emory Law School, 3rd Floor, Hunter Atrium Area	11:00 am – 2:00 pm
Wednesday	Oct 24	Emory Police Department Training Room, 1st Floor	11:00 am – 2:00 pm
Thursday	Oct 25	Administration Building, 4th Floor, Room 400 & Room 405	11:00 am – 2:00 pm
Friday	Oct 26	Emory School of Medicine, Commons Area, 1st Floor	11:00 am – 2:00 pm
Monday	Oct 29	Student Activity & Academic Center, Room 211	11:00 am – 2:00 pm
Tuesday	Oct 30	Goizueta Business School, Dolive 500	11:00 am – 2:00 pm
Wednesday	Oct 31	Rollins School of Public Health, Rita Anne Rollins Room	11:00 am – 2:00 pm
Thursday	Nov 1	Woodruff Library, Jones Room, 3rd Floor	11:00 am – 2:00 pm
Monday	Nov 5	Campus Services, Building B, Training Room	7:00 am – 3:00 pm
Tuesday	Nov 6	Grady FOB Building, Classroom 123	11:00 am – 2:00 pm
Thursday	Nov 8	Emory West Center for Life Long Learning (Briarcliff Campus)	11:00 am – 2:00 pm
Monday	Nov 12	Yerkes Main Station, 2nd Floor, Bourne Seminar Room	11:00 am – 2:00 pm
Tuesday	Nov 13	Dobbs University Ctr. (DUC) Room 355	10:00 am – 3:00 pm
Wednesday	Nov 14	Woodruff P. E. Center, 1st Floor Atrium Area	11:00 am – 2:00 pm
Thursday	Nov15	Nell Hodgson Woodruff School of Nursing, Plaza Level Auditorium Lobby Area	11:00 am – 2:00 pm
Monday	Nov 26	The Carter Center, Executive Dining Room	11:00 am – 2:00 pm
Wednesday	Nov 28	ITD North Decatur Building, Kennesaw Room	7:00 am – 10:00 am
Thursday	Nov 29	Blomeyer Health Fitness Center, 5th Floor Conference Room	4:00 pm – 7:00 pm
Tuesday	Dec 4	Yerkes Field Station, Conference Room	11:30 am – 12:30 pm
Wednesday	Dec 5	Dobbs University Ctr. (DUC) Room 355	10:00 am – 3:00 pm
Friday	Dec 7	Emory University Human Resources, Room 1.415	11:00 am – 2:00 pm
Tuesday	Dec 11	Carlos Museum, Reception Hall, 3rd Floor	11:00 am – 2:00 pm
Wednesday	Dec 12	Emory FSAP, The Emory Wellness Center, Conference Room	11:00 am – 2:00 pm

For more information, please contact the FSAP at **404.727.4328** or **404.727-WELL** or visit www.emory.edu/fsap. To view a map of the various Flu Shot Campaign locations, visit http://map.emory.edu/mappdf/esri_wireless/Emory_Wireless_ID.pdf

Looking for a quick and easy way to make a donation to the Heart Walk?
Emory Community Giving is the answer.

Emory Community Giving is pleased to partner with EMORY for the 2007 Atlanta Heart Walk. Payroll deduction is available for donations to the 2007 Atlanta Heart Walk, as well as any of the 440 nonprofit groups that Emory is partners with. It is not to late to help Emory fight cardiovascular disease and stroke by joining the 2008 Emory Heart Walk Team or to making a donation. The American Heart Association's 2007 Heart Walk is **Saturday, November 3, 2007** at Piedmont Park. If you would like to learn more about being a team captain or just participating, please contact Sheryl Marbach at **404-778-7311** or via email sheryl.marbach@emoryhealthcare.org.

For detailed instructions on how to give through payroll deduction, please visit www.emoryheartwalk.org and click on Emory Community Giving Instructions.