

# MyHealthProfile

## Frequently Asked Questions

### What is MyHealthProfile?

Loyola College in Maryland has partnered with Healthways, Inc. to offer employees a new wellness program, MyHealthProfile.

MyHealthProfile is a program that helps identify health risk factors and assesses your likelihood of developing chronic conditions such as heart disease, high blood pressure and diabetes. The goal of MyHealthProfile is to give you the information and tools you need to make positive lifestyle choices that will improve your health and quality of life.

### How does MyHealthProfile work?

MyHealthProfile is a confidential assessment where you answer questions about your health history and lifestyle, including stress, exercise, eating habits, alcohol use, safety practices, and readiness for improvement. MyHealthProfile is comprised of approximately 50 questions and takes about 20 to 30 minutes to complete online or over the phone.

The information collected by MyHealthProfile is used to provide you with a personal health report. Your personal health report will identify any risk factors you may have and help you better understand your reported lifestyle habits. Your report will also include helpful suggestions for how to improve your lifestyle based on your profile.

### How do I complete MyHealthProfile?

If we have your email address on file, you will receive an email from Healthways' myhealthIQ Support that contains information on how to log on to [www.myhealthIQ.com/V5](http://www.myhealthIQ.com/V5) to complete the MyHealthProfile assessment. If we don't have an email address for you on file, you will receive a letter in the mail containing information on how to complete MyHealthProfile.

### What can I do if any risk factors are identified?

Depending on your risk factors and risk level, you may be eligible to access the Lifestyle Management Programs which are online self-directed programs that help you identify ways to improve unhealthy lifestyles

If you are eligible for a Lifestyle Management Program, you will be able to access this personalized online tool via your secure login to the myhealthIQ web site. Here you can take advantage of dynamic programs that will help you:

- Manage stress
- Maintain a healthy diet & losing weight
- Quit smoking
- Sustain an exercise routine
- Prevent depression

### Why is this program being offered?

Participation in MyHealthProfile has been shown to effectively identify risk factors that otherwise may not be detected without regular exams. Ultimately, by making better health decisions and empowering you to improve your health, we hope to better manage healthcare premium increases for employees and Loyola College in Maryland.

### **Why should I participate?**

- To gain meaningful feedback about lifestyle habits and potential health risks.
- To understand your risk for major conditions like heart disease, high blood pressure and diabetes.
- To learn more about how lifestyle factors such as diet, exercise and stress contribute to the onset of conditions like heart disease, high blood pressure and diabetes.
- To improve your health awareness and detect early warning signs before they become serious.
- To help you make more informed decisions in managing your health.

### **What is the cost?**

Loyola College in Maryland is offering MyHealthProfile as part of your benefits package and the cost of this program and your participation is free. Loyola believes that most employees do not readily have the time or access to the information they need to monitor their health. Results show that once employees are aware of their health risks, a majority are modifying their lifestyles and becoming healthier. Awareness plays a huge role in health improvement and Loyola wants you to have all the information you need to live a full and healthy life.

### **What information will my employer get?**

Your personal health information is solely available to you and will not be shared with anyone without your written consent. The only information Loyola College in Maryland will receive is de-identified aggregated company data (total member population percentages). Recent HIPAA rules prohibit anyone at your company from receiving any of your personal health information.

### **Can spouses and children participate?**

At this time, MyHealthProfile is only available to Loyola employees.

### **How will I receive my report?**

If you complete your MyHealthProfile assessment online, your report is immediately available and you can access it any time at [www.myhealthiq.com/V5](http://www.myhealthiq.com/V5) with your user name and password.

If you complete the assessment over the phone or in paper format, allow 10 to 15 working days to receive your personal health profile report in the mail.

### **How can I find out more?**

Please visit [www.myhealthiq.com/V5](http://www.myhealthiq.com/V5) for more information. You can also call Customer Care at Healthways at 1-866-449-9705.