



Carpenters Trusts of Western Washington

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Dear Participant and Family:

Wellness and Health Initiatives

The Board of Trustees of the Carpenters Health and Security Trust of Western Washington is committed to helping you and your family improve your health. A variety of informational tools have been provided for you including Ask Mayo Clinic, the 24/7 nurseline, the Mayo Clinic HealthQuest Newsletter, and CarpentersHealth.org, the interactive website designed specifically for carpenters and their families. These tools are available to you on a voluntary basis – use them as needed to help you better understand a specific medical condition or to learn more about healthy living, in general.

A more *proactive* approach to improved health is to help you identify specific health risks you might have now or might be at risk for in the future. Health behavior research has shown that helping individuals identify these health risks is an important first step in motivating and sustaining improved health. The standard tool for identifying health risks is called a “health risk assessment.” The Mayo Clinic Health Risk Assessment (HRA) begins with the premise that an individual’s day-to-day lifestyle choices will have a significant impact on current and future health outcomes. The goal for lifestyle change is to reduce the number of health risks an individual may have which will keep him or her feeling better now and into the future.

Mayo Clinic HRA

Choices you make each day affect your health both now and in years to come. The Mayo Clinic HRA is a tool for helping you understand your health risks and what you can do to reduce them. The HRA is an online, interactive questionnaire that assesses your lifestyle choices, your family history, and your disease risk. It takes about 15 minutes to complete and you will receive immediate feedback from a “Personal Health Report.” Your “Personal Health Report” describes specific health risks and recommendations on how best to reduce them. You will also be linked to additional information, tools, and programs that address your particular needs, both from Mayo Clinic experts and from the Carpenters Health and Security Trust.

There is strong evidence that successful efforts to improve health across plan populations are dependent on getting plan members to participate. To help us achieve this goal, *the Board of Trustees is offering a \$50 gift card to each carpenter, spouse, and dependent child age 18 or older who takes the Mayo Clinic HRA.* Taking the HRA is self-explanatory but the following guidelines may be helpful:

- The Mayo Clinic HRA is available beginning January 4, 2007. The last day to take it is March 15, 2007.
- To take the HRA, go to www.CarpentersHealth.org and log on. From the Home Page, click on the Mayo Clinic HRA icon on the right side of the screen.
- The HRA takes about 15 minutes to complete and is available to carpenters, spouses, and dependent children age 18 and older.
- For the most accurate HRA results, you should have certain measurements available to you when taking the HRA, including your height, weight, blood pressure, blood sugar, and cholesterol levels. If you do not have this information available, you can estimate these values and still receive meaningful results.

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- When you have successfully completed the HRA, you will receive a “Personal Health Report.” You will also be eligible to receive a \$50 gift card. This incentive is key to the success of this program. To receive a \$50 gift card, you must agree in the “Authorization to Disclose Information” at the end of the HRA to share your contact information with the Mayo Clinic Advisors Program for lifestyle coaching. Details about the gift card will be emailed to you after you complete the HRA.
- The answers you provide on the Mayo Clinic HRA are secure, encrypted, and completely confidential. The Carpenters Health and Security Trust will receive a group report to help make important decisions about health and wellness priorities. No personal or identifying information is on that report.
- The Mayo Clinic HRA is also the gateway to the fourth major wellness initiative – the Mayo Clinic Advisor Programs for lifestyle coaching – offered by the Mayo Clinic and the Carpenters Health and Security Trust. More on lifestyle coaching below.

Important: For those of you who do not have access to the internet, a paper version of the HRA will be mailed to you near the middle of March 2007. When you successfully complete the paper HRA and provide the appropriate consent, you will receive a \$50 gift card. One gift card per person.

Mayo Clinic Advisor Programs for Lifestyle Coaching

The Mayo Clinic HRA is the gateway to the Mayo Clinic Advisor Programs for lifestyle coaching. Lifestyle coaching is real-time personalized support from experienced counselors for individuals with certain risk factors indicated on the HRA. Lifestyle coaching will help you understand the impact of lifestyle choices on your health and the benefits of change. This program offers four modules that empower you to make changes in your behavior to positively impact your health. The modules include:

- Mayo Clinic Exercise Advisor.
- Mayo Clinic Nutrition Advisor.
- Mayo Clinic Healthy Weight Advisor.
- Mayo Clinic Stress Advisor.
- For help with tobacco cessation, the Carpenters Health and Security Plan continues to use Free & Clear. Please contact Free & Clear at (800) 292-2336 or visit them at www.freeclear.com.

Participation in any counseling or lifestyle coaching program, as well as the use of the other resources such as the 24/7 nurseline, is strictly voluntary. If you qualify and decide not to participate in lifestyle coaching, you may simply decline the call from the program advisor. The HRA and follow up services are resources being added to your existing health plan benefits; they do not change the use of your current benefits in any way. However, a healthier plan population not only benefits each individual taking these important steps, it also helps lower future health plan costs.

If you have any questions about the Mayo Clinic HRA or lifestyle coaching, please contact a Customer Service Representative at the Trust Office:

(206) 441-6514 Seattle Area
(800) 552-0635 Nationwide
www.ctww.org

Sincerely yours,

Board of Trustees

Carpenters Health and Security Trust
of Western Washington