



Carpenters Trusts of Western Washington

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February 29, 2008

Dear Participant and Family:

Mayo Clinic Health Risk Assessment and Lifestyle Coaching

The Board of Trustees of the Carpenters Trusts of Western Washington is committed to helping you and your family improve your health. This commitment is part of a *proactive* strategy to improve the overall health of our plan population which can provide immediate results to you and your family, but can also improve healthcare costs in the future. To do this effectively, we need to make sure we continue to offer health resources that match your needs. That is why we are offering the Mayo Clinic Health Risk Assessment (HRA) again this year.

The Mayo Clinic HRA is a valuable tool provided by the Carpenters Health and Security Plan for you to assess both your health strengths and risks. It is available to all participants, spouses and dependent children age 18 and older. Based on the results of your Mayo Clinic HRA, you may be invited to participate in Mayo Clinic's Lifestyle Coaching as part of your health plan program. This service provides one-on-one phone counseling in the areas of nutrition, healthy weight, stress, or exercise. If you qualify based upon your risk factors, an enrollment specialist will contact you to discuss your readiness to enroll in a lifestyle coaching program. Participation is voluntary and confidential.

Taking the Mayo Clinic HRA – www.CarpentersHealth.org

- 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'll get immediate feedback through 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 Plan.
- By taking the HRA again this year, you will see where you are doing better or where you are slipping.
- Each individual who takes the HRA *online* is eligible to receive a \$75 gift card.
- The Mayo Clinic HRA is available beginning March 3, 2008 and ends May 30, 2008.
- 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.

(over, please)

- Enter your Carpenters Health and Security Trust Membership ID Number. You'll find this number on the left hand side of your medical and prescription card.
- 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.
- Your privacy is protected. Carpenters Health and Security Plan does not have access to any individual responses and results. We only see group reporting for all participants with no personally identifying information.

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

Best of Health,

BOARD OF TRUSTEES

Carpenters Health and Security Trust
of Western Washington