



NNPS Wellness Program FAQs

What is Viverae?

Viverae is a leading health management services provider that has partnered with NNPS to help coordinate our wellness program. Viverae will offer in-depth online health tools to help improve or maintain your health. All NNPS employees can access these resources beginning August 1, 2014.

What is the Viverae Health Center?

The Viverae Health Center is a health and wellness resource. Starting August 1, 2014, NNPS employees may utilize this resource. The Viverae Health Center's staff includes various highly trained Viverae Health Professionals, such as health and exercise specialists, registered nurses, and registered dietitians.

Who can participate in the NNPS Wellness Program?

Beginning in August 2014, all NNPS contracted and appointed employees may register to participate in the Wellness Program. **Employees can also earn up to a \$200 reward by completing an online, confidential Member Health Assessment and a Biometric Screening before June 30, 2015.** Employees may also take part in health and wellness activities on the Wellness Program website. Participation is voluntary.

What is a Member Health Assessment (MHA)?

It is an online, confidential questionnaire. The MHA identifies activities that could raise health risks. Your MHA provides suggestions for day-to-day changes to improve your health and well-being. The MHA provides a Health Score that works with your health management program's tools. Employees who complete the MHA by June 30, 2015 will earn a \$100 reward.



Learn More

Questions about your health management program? Watch our "Health Management Program" video at <http://myviveraecommunications.com/myviverae.html>.

What is the Biometric Screening?

It is a short, simple health exam that helps identify your health status. The screening can reveal risk factors you may have for certain health conditions. Biometric Screenings are usually conducted during your annual physical exam by a health care professional.

Your screening will check the following:

- » Blood pressure
- » Body composition, including height and weight, Body Mass Index (BMI), and waist circumference
- » Blood profile, including HDL, LDL, and total cholesterol, triglycerides, and blood glucose levels

Employees who undergo the Biometric Screening and have their health care professional complete and fax the confidential physician form to Viverae by June 30, 2015 will earn a \$100 reward. Employees who had their annual physical between May 1, 2014 and July 31, 2014, may still earn the \$100 reward by taking a physician form to their health care provider and having them complete and submit it to Viverae.

Is my health information confidential?

Your Personal Health Information (PHI) is 100 percent confidential. Viverae adheres to Health Insurance Portability and Accountability Act (HIPAA) standards. They do not share PHI with anyone, including your employer, NNPS.

What if I do not have access to the Internet?

Employees with limited or no Internet access can still participate in the Wellness Program; employees can receive health management program information by calling the Viverae Health Center at 888-VIVERAE (848-3723).