Healthy Horizons Annual Wellness Incentives and Programs

All Butler employees (full or part-time), as well as spouses or domestic partners enrolled in Butler’s group health plan have the opportunity to obtain $100 annually when they complete a Wellness Consult through Healthy Horizons. Based on your Wellness Consult results an additional $150 can be obtained through the completion of health coaching sessions. The number of health coaching sessions required for the additional $150 is determined by results from your Wellness Consult. Please see below for details regarding these new Healthy Horizons Wellness Incentives.

Who is eligible for the Healthy Horizons Annual Wellness Incentives?

All Butler employees (full or part-time) regardless if you are on Butler’s group health plan have the opportunity to obtain the Healthy Horizons annual wellness incentives. Spouses or domestic partners on Butler’s group health plan have the opportunity to obtain the Healthy Horizons annual wellness incentives.

How will I receive my Healthy Horizons Annual Wellness Incentives?

All financial incentives under this Program, whether due to participation in the Program by an employee or the employee’s spouse or domestic partner, are paid to the employee on his/her paycheck. A monthly report is sent to Human Resources identifying that you have met the incentive requirements the 10th of each month (only your name and employee ID number is sent). If you have completed the incentive requirements prior to this date you will receive your incentive on your paycheck at the end of the month.

How do I qualify for the Healthy Horizons Annual Wellness Incentives?

1. All Butler employees (full or part-time), as well as any spouses or domestic partners enrolled in Butler’s group health plan have the opportunity to obtain $100 annually when they complete a Wellness Consult through Healthy Horizons.

2. Based on your Wellness Consult results an additional $150 can be obtained through the completion of the following within 12 months after the Wellness Consult:

   A. If your body mass index (BMI) is 27 m²/kg or more or your hemoglobin A1c is 5.7% or more you will need to complete five health coaching sessions through Healthy Horizons within 12 months after the Wellness Consult

   B. If your body mass index (BMI) is less than 27 m²/kg and your hemoglobin A1c is less than 5.7% you will need to:
      - Complete two health coaching sessions through Healthy Horizons within 12 months after the Wellness Consult
      or
      - Complete one health coaching session through Healthy Horizons and complete two Healthy Horizons health education seminars (in person or online [Available March 2, 2015]) within 12 months after the Wellness Consult

Your health plan is committed to helping you achieve your best health. Financial rewards for participating in a wellness program are available to all employees (full or part-time), as well as any spouses or domestic partners enrolled in Butler’s group health plan. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 317-940-8143 or healthyhorizons@butler.edu and we will work with you (and if you wish, your doctor) to find another opportunity to earn the same reward that is right for you in light of your health status.
What does a Wellness Consult involve?
A Wellness Consult is a 45 minute appointment requiring a 10 – 12 hour fast (nothing to eat or drink except water). An online patient registration form and an online health risk assessment need to be completed prior to your appointment. The following assessments need to be completed: fasting cholesterol, hemoglobin A1C, blood pressure, weight, height, and body mass index (BMI) calculation. Two individualized, health-related goals will be set at the completion of your appointment.

When are Wellness Consult appointments available?
Appointments are scheduled Monday through Friday at 8:00 am, 8:45 am, 9:30 am, and 10:15 am on a first-come, first-served basis.

What does a Health Coaching session involve?
A Health Coaching session is a 20 minute appointment. Progress towards your individual health-related goals – set during your Wellness Consult – will be reviewed. A weight and BMI calculation are required (fasting for this appointment is usually not required). Additional assessments such as blood pressure, cholesterol monitoring, or diabetes monitoring can be performed as needed.

When are Health Coaching sessions available?
Appointments are scheduled at 11:00 am, 11:30 am, 1:00 pm, 1:30 pm, 2:00 pm, 2:30 pm, 3:00 pm, 3:30 pm, or 4:00 pm on a first-come, first-served basis.

What incentives are available through the Health and Recreation Complex (HRC)?
Please visit http://www.butler.edu/hrc/wellness-incentives/ or contact the HRC at Ext. 4472 or email hrc@butler.edu