



Southwestern Minnesota Synod
Evangelical Lutheran Church in America
God's work. Our hands.

Health Risk Assessment worth \$450 per person in 2010 plus 2% discount for congregations!

By Pastor Larry Strenge, Director for Evangelical Mission

One of the areas I get excited about is good health! Starting January 2 I'll return to some dietary disciplines to take of the extra pounds from Christmas...and some before that, too! I hope you'll join me in staying healthy in 2010. One key way to do that, if you are on the ELCA Health Plan, is to take the Health Risk Assessment (HRA). I've attached a link for you to visit the site. Starting on January 1st we can begin to take the HRA again. Just for taking the HRA you receive \$150. (You must do it every year to earn the "bonus" dollars.) If you are not concerned with "exact numbers" (cholesterol, blood pressure) it should only take about 30-45 minutes. By earning 300 additional points...a simple process...you earn an additional \$300! Total: \$450 for out of pocket health care costs! (If you have a spouse on the ELCA plan that means you earn \$900.) Additionally, the SW MN Synod was one of about four synods which reached a 75% participation rate in 2009---lowered to 65% in 2010-- and thanks to those who among the 82.2% who eventually took the HRA we earned an additional \$27,500 in savings to congregations! That's what the 2% discount in health care cost meant synod wide. Again, this is in addition to the "personal" dollars each of us earned by just taking the HRA! I hope you'll join me in "getting healthy" in this way. Our spiritual health is connected to our body heal. So go to the link above after January 1. And while you do it I highly recommend listening online to Krista Tippet interviewing Jean Vainier on "The Wisdom of Tenderness www.speakingoffaith.org)

Copy and paste the link below into your browser to learn more about your available discounts!
https://www.elcabop.org/en/BenefitsAdmin/2_percent_progress/2_percent_discount.aspx

Please contact Tammy Sather after you take the HRA.

Email: tammy.sather@swmnecla.org

Phone: 507.637.3904.