

Health Assessment Update and Tips

by Pastor Larry Strenge, Director for Evangelical Mission

If you are on the ELCA's Health Care plan I'm hoping you have either taken--or scheduled a time to take: the Embody Health/Mayo Clinic "Health Assessment" (HA)--www20.mayoclinicembodyhealth.com. It takes 15-20 minutes! Make sure you read below for a few "tips" whether you have taken the HA or not.

First, let me remind you that once you take the HA you are helping our synod earn a 2% health care cost discount for all congregations who have staff on the ELCA plan. 238 of us from the SW MN synod need to take the HA for us to earn total savings of \$57,362! I ran the numbers recently and realized that when all 366 persons in our synod have taken the HA and accumulated the 300 points....as simply as a daily login for 5 points or doing some things like the Go! Challenge (worth 200 points!)...we will have earned an additional \$164,700 in our Health Savings Accounts. That's a total of \$222,062! The numbers are simply mind boggling!! you've begun to accumulate the 300 points toward the additional \$300 in **your** Health Savings Account--\$450 once you've taken the HA (\$150) and accumulated the additional 300 points (\$300). Mind you, that is \$900 if you and your spouse are on the ELCA plan!

Now a "tip".....for those who HAVE NOT taken the HA:

Tip 1: Login to the website even if you don't have time to take the HA. WHY? At least two reasons:

1) First, if you took it last year you can be sure you have your email address and password up to date. "Returning Visitors" (those who took the HA last year) find taking the HA goes very fast. If you DID take it last year make sure you use your 2009 email address to get in the first time. You can change later to a different email. But if you DID take the HA in '09 and go as a "New Visitor" you will find the system will give you trouble! It is better to give a "wrong" email address, push the "forgot my password" and then try another email you could have used. Eventually you will find the right one! This will be the QUICKEST way! (Hopefully you remember both your email and password. Then it's a SNAP!) Then when it's time to take the HA you'll be set. But there's another reason to login now! See #2!

2) Second, you earn points toward your 300! This happens even if you don't have time to take the HA right now! Remember, you receive 5 points each time you simply "login." You will simply have a page come up that says, "Take the Health Assessment later" and then you will be logged in and earn your 5 points. Also, do the "Go! Challenge" This is a "self administered" four week assessment of things like "Healthy Breakfast" or "H2O" or "Quiet" or "People." It is a measuring tool for a "balanced life." You do it for 4 weeks and then push a "Did it" button on the Embody Health site. That's worth 200 points! When you have 300 you get \$300!