Dear Faculty and Staff Members,

The enclosed brochure describes a new health awareness program called Health-e Outlook™. Health-e Outlook, a secure Web site developed by American Health Holding, promotes wellness and disease prevention by providing participants with information tailored to their health needs and by providing access to online health management programs. These confidential, self-directed programs are personalized to help individuals manage existing medical conditions and reduce the risks of developing new ones. Share the brochure with your family members, as they, too, have full access to the Web site.

Health-e Outlook has received the Utilization Review Accreditation Committee (URAC) Health Web Site Accreditation Seal. Web sites that receive the URAC seal have been thoroughly evaluated against Web site standards to ensure that they deliver quality health content and services. Our Office of Information Services colleagues have tested the link to the Health–e Outlook secure Web site and found that all sessions for logged-in users are secure by design, using the same security as the university’s Cascade system.

The brochure describes key features and benefits of Health-e Outlook and gives you and your family members the information needed to use the Web site. Our University of Puget Sound “passkey” is “ups” (lowercase), and our “primary cardholder ID” is “1888,” the year the university was founded. These two identifiers will give you access to the secure Web site, after which you and your family members will select your own confidential user IDs and passwords. The site will be available as of Monday, October 3, 2005.

The health risk appraisal described in the Health-e Outlook brochure was developed by the University of Michigan’s Health Management Research Center. Benefits-eligible faculty and staff members who complete the confidential health risk appraisal by November 30, 2005, will receive a $12 per month allowance incentive ($6 for part-time faculty and staff who waive medical coverage) for the 2006 Flexible Benefits Plan year. The health risk appraisal incentive applies only to faculty and staff. Family members are nevertheless encouraged to complete the questionnaire for the valuable health information it will provide.

A representative from American Health Holding will be on campus for the Benefits Information Day on Wednesday, October 12, between 10:30 a.m. and 2:30 p.m. in Trimble Forum to demonstrate the Web site and to answer any questions you may have about Health-e Outlook.

Best regards,

Your Colleagues in Human Resources
How to register:

2. Click the REGISTER button.
3. Review the Terms and Conditions and click on I Agree.
4. Fill in the required information on the Registration screen. Your Passkey is “ups” (lowercase). Your Primary Cardholder ID is “1888.” Click Save.

- Once you’ve registered, you can take a Health Risk Appraisal. Your answers will help customize your Health Dashboard.
- You can also click the link to your Health Information Home page, and customize your information there.
- The next time you visit the site, you can log on as a Returning User using your own User ID and Password that you choose when you register.

Log on now!
www.health-eoutlook.com

upsp
Your Passkey

1888
Your Primary Cardholder ID
What is Health-e Outlook?

Health-e Outlook is a website you can visit 24 hours a day, 7 days a week to get information on wellness and prevention.

Once you’ve registered, you can customize the topics you see when you log on, so you get information on the health care issues that matter to you!

When you log on, you can choose from many different options:

- **Health Risk Appraisal**: this questionnaire will help you find out your health risks and what you can do to improve your health. In order to get the most out of your appraisal, make sure you have your current height, weight, blood pressure, total cholesterol level and HDL cholesterol level results.

- **Health Dashboard**: customize this tab with your personal health information—don’t worry, it’s confidential.

- **Health Managers and Trackers**: track your health, and take actions to improve it.

- **Diseases and Conditions**: get general information on a variety of diseases and conditions.

- **Lifestyles**: find tips on fitness, nutrition and safety.

- **Tools**: take health quizzes, use the health calculators, or look up a drug in the drug dictionary.

- **Personal Health Record**: keep a health diary, set up a calendar of health appointments, or create a record of your prescriptions.

- **Health Channels**: search targeted information on topics such as Women’s Health, Men’s Health, Children’s Health, Senior’s Health and Parenting.