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Visit www.portal.hfit.com/ariseetf or call 1-888-772-7734 for more information about the Arise Wellness program.



A little stronger body.

A little motivation.

LITTLE THINGS.
BIG
DIFFERENCE.

A little healthier food.

A little more activity.

Arise Wellness

You're on your way toward better health.

LITTLE THINGS DO MAKE A BIG DIFFERENCE.

What if all it took to achieve better health was a plan that's a natural part of your daily routine—? The results could be huge. A day without pain. A body with fewer pounds. The energy for hobbies. A stronger heart.

With Arise Wellness you get a practical plan to help you achieve better health and physical well-being. Get started with a few little steps.

A few numbers can tell you a lot.

Your path to better health begins with knowing your numbers—the ones that count the most. Blood pressure, cholesterol (HDL/LDL ratio), blood sugar, and body mass index numbers are key indicators of your risk for major illness. All State of Wisconsin and Local Government participating employees, annuitants, spouses, and dependents over 18 insured through Arise Health Plan (Arise) are eligible to participate in biometric health screenings between January 1st, 2015 and November 30th, 2015 where you can learn these important biometric measurements. You may have your biometric health screening completed by visiting with your medical care provider or you may attend your screening at a local HealthFitness partner lab. Visit www.portal.hfit.com/ariseetf to learn more about your screening options and download important forms.



Take a little time to complete a health risk assessment.

Lifestyle choices show results over time. That's why making healthy decisions today is valuable both now and in the future. A key tool for providing valuable insight into your current lifestyle and health risks is a health assessment.

A health assessment is a confidential online questionnaire that asks questions about your stress level, nutrition, physical activity, tobacco use, seat-belt use and other health-related aspects of your lifestyle. This voluntary survey is scientifically designed to measure all factors that affect your well-being. The analysis of your health assessment gives an immediate picture of your current health status along with personalized

recommendations for making improvements. The assessment is free and takes about 15 minutes to complete. Paper assessments are available by calling 1-888-772-7734.

Your confidentiality is a big deal to us.

Arise Wellness programs and services are delivered through the professional staff of a third-party vendor, HealthFitness. HealthFitness adheres to the highest privacy standards and ensures that your personal health information is secure and protected. Arise will only provide aggregate data for the purpose of performing program analysis. Individual data will never be provided to The Employee Trust Fund or used to determine insurance rates.

Loads of health information and guidance, 24/7.

Visit www.wecareforwisconsin.com > Health and Wellness>Preventive Care>ETF State and Local Members for 24/7 access to quick bites of health information, or to develop and to access personal health trackers on measurements such as weight and resting heart rate. With health trackers, you can even graph your information over time. It's a great way to keep tabs on your health status. You can also view information on more than 200 self-care topics through the Family Health Guide or track your workouts using the Workout Log.

Earn rewards for each little step.

Get rewards for participating in the Arise Wellness program. Complete both your biometric health screening and health assessment between January 1st, 2015 and November 30th, 2015 and earn \$150.

*Your employer is required to report health plan rewards issued to you and your enrolled family members as taxable income. Arise Health Plan is required to report reward payment informative to your employer. Health information is protected by federal privacy laws and will not be shared with your employer.



Take the first little step to learn more.

Visit www.portal.hfit.com/ariseetf or call 1-888-772-7734 for more information about the Arise Wellness Program.

Four little steps to assessing your health.

Step 1

Gather your biometric numbers by scheduling and attending your Arise Wellness biometric health screening or by attending an onsite screening through the Well Wisconsin program.

Step 2

Log on www.portal.hfit.com/ariseetf

Step 3

Click the LOGIN link and follow instructions as prompted.

Step 4

After you log into the site, click the HEALTH ASSESSMENT link on the home page.