



LITTLE THINGS.  
**BIG**  
DIFFERENCE.

In 2015 you can earn a \$150 incentive for completing your biometric health screening and health risk assessment questionnaire\*.

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 the Arise Health Plan (Arise) are eligible to participate in biometric health screenings between January 1, 2015 and December 31, 2015.

Your biometric health screening can be completed by visiting with your medical care provider or attending Well Wisconsin screening. Check the <http://wellwisconsin.wi.gov/My-Assessment> website for a schedule of Well Wisconsin screenings and registration information. Visit [www.portal.hfit.com/ariseetf](http://www.portal.hfit.com/ariseetf) to learn more about your screening options and to download important forms. Follow the steps below to begin or call **1-888-772-7734** to have the necessary forms mailed to your home.

**Step 1**

Schedule and attend your biometric health screening by attending an onsite event through the Well Wisconsin website or visiting with your physician. Be sure to submit the necessary form (alternative means screening form) if you choose to work with your physician. This form is available on the portal listed below.

**Step 2**

Log on to [www.portal.hfit.com/ariseetf](http://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. The Health Assessment is necessary to complete in addition to collecting and submitting your biometric values.

We recognize that good health is key to your ability to make the most of your life—at work and at play. We strongly encourage you to participate in the Arise Wellness program, and take your first little step toward better health.

Be well,  
*Your Arise Wellness Team*

\*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 information to your employer. Health information is protected by federal privacy laws and will not be shared with your employer

