

Benefits

Take a Closer Look

Wellness Programs

A man and a woman are riding bicycles outdoors. The woman is in the foreground, wearing a white sleeveless top and light-colored pants. The man is behind her, wearing a white short-sleeved shirt and light-colored pants. They are both smiling and appear to be in conversation. The background is a blurred green lawn and a wooden fence.

Health Assessment

Health Coaching

HealthMiles

To complete your Humana Health Assessment, go online at: www.humana.com/hha

Humana Health Assessment: Required for Medical Plan Participation

About the Health Assessment...

The Humana Health Assessment is a simple questionnaire about your health, exercise habits and lifestyle. It's completely confidential. Humana manages the assessments and the results. St.Vincent receives only aggregate, combined results. No one at St.Vincent sees your personal results. The assessment takes only 10-15 minutes to complete. When you're done, you'll get a report on your health status and the resources and tools available to you.

St.Vincent Is Committed to Your Health

The health assessment is an opportunity for you to identify the choices you're making that improve and maintain good health and the areas where you could improve. St.Vincent does not want to prevent associates from using their benefits. We simply need to get everyone moving toward better health, and requiring a health assessment is a simple and painless way to do that!

Assessment Deadline

If you are currently a benefits-eligible associate electing a St.Vincent medical plan during annual enrollment, the deadline to **complete your assessment is November 30, 2008**. If you do not complete your assessment by the deadline, you will not be covered under our medical plan in 2009, (even if you elected it during annual benefits enrollment or are currently covered).

Completing Your Assessment

Even if you are not currently enrolled in a St.Vincent medical plan, you can complete the assessment. The process is very easy:

- Go online at www.humana.com/hha
- In the drop down box, you'll see a list of employers. Select St.Vincent Health, Inc.
- Enter your first and last name
- Enter your Social Security Number, your date of birth and your zip code
- The assessment will begin on the next screen.

Answer the questions. Your results will be tabulated immediately, and you'll receive your personal results report.

Take the time to review your report. Your results will help you identify the resources you'll need including Health Coaching and help you set goals for the coming year.



You must complete an annual online Humana Health Assessment each year in order to enroll in a St.Vincent medical plan. Your spouse is encouraged to take the health assessment too, but it is not required.

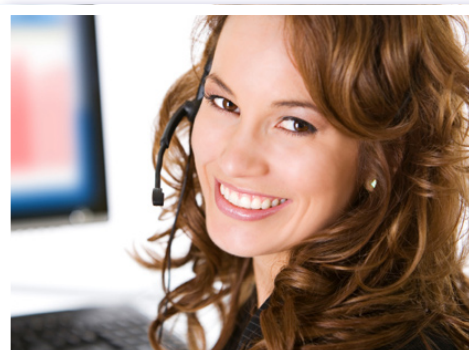
**Questions?
Email our HR Service Center.
Just click here.**

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Health Coaching

Most people could use a little help taking better care of themselves. Health Coaching offers the tools and guidance you need.

And it's free to participants in our medical plans.



Do you or a covered dependent struggle with:

- Stress management,
- Back pain
- Tobacco use
- Weight management
- Physical activity
- Nutrition

After you complete your Humana Health Assessment, you will receive your results report. (Your spouse is encouraged to take the assessment also, but it's not required.) Your report will help you identify the health struggles you need to address.

How to Access Health Coaching

You can access Health Coaching online.

- Go online at www.humana.com/hha and review your health assessment results again. At that time, you'll see a link to Health Coaching. Click on the link.

Or,

- Go online at stvincent.humana.com, click on MyHumana Self Service, and log into your personalized MyHumana page.

There are two ways to participate—online, or request a phone call from a Health Coach. You have unlimited access to online health coaching and up to five calls from a personal Health Coach for any or all of the conditions we've listed here. You can also call the Health Coach as many times as you need. This is the time to take better care of yourself – let Health Coaching help you!

Questions?
Email our HR Service Center.
Just click here.

Take a Closer Look

HealthMiles

How It Works

The program works like this: get active, monitor your progress, earn Miles, reach Levels, buy stuff or redeem cash. Participants complete an online health snapshot, set goals, receive a pedometer, use gym discounts, log steps and exercise, measure results and EARN rewards. You earn HealthMiles for using your pedometer, for taking your bio-measurements, for filling out a health questionnaire, for taking a fitness assessment and

much more! Depending on how many HealthMiles you log, you can earn rewards of up to \$500 in gift cards at over 50 major retailers!



HealthMiles is a voluntary program for benefit-eligible associates. HealthMiles rewards you for getting active. That means you can be rewarded for not only exercise but simply walking around!

“Pay to Play” – Your Payroll Deductions

You and St.Vincent share the cost. Your cost is \$2.31 per pay.

Enrolling for HealthMiles

HealthMiles is a wellness program available through Virgin Life Care. You can enroll online through stvincent.humana.com, click on HealthMiles or through the St.Vincent Intranet > Associate Information > SVH Benefits > Wellness programs.

