

Portico Benefit Services

The Mayo Clinic Health Assessment Frequently Asked Questions

What is the Mayo Clinic Health Assessment and why do I need to complete it?

The Mayo Clinic Health Assessment is a wellness activity that identifies your personal health strengths and risks, and provides you with steps you can take to improve your health. Completing the assessment will help your organization earn a 2% discount on your ELCA health contributions in 2013. It also will help ELCA-Primary health plan members earn personal wellness account credits to pay for eligible out-of-pocket medical expenses.

Who is eligible to take the Mayo Clinic Health Assessment?

If you have [ELCA-Primary health coverage](#) or [ELCA Medicare-Primary health coverage](#), you are eligible to take the health assessment. If you waived ELCA health coverage and are covered through a spouse's plan, you are not eligible to take it.

Who can earn personal wellness credits, and how are they earned?

Only ELCA-Primary health plan members and eligible spouses can earn personal wellness account credits. They're earned by doing activities like taking the health assessment, and other [follow-up activities](#).

When should I take the health assessment?

You must take the health assessment by September 30 to earn credits. If you take it by April 30, you'll help your organization earn [a 2% discount](#) on health contributions for the year.

Who is counted toward the 2% discount?

Only *sponsored* employees and eligible spouses with ELCA-Primary health coverage can help earn the 2% discount. ELCA Medicare-Primary health plan members can take the health assessment, but they don't earn personal wellness account credits and they're not counted toward the 2% discount.

How does earning the 2% discount benefit my synod?

If 65% of sponsored eligible plan members and spouses take the health assessment by April 30, all ELCA employers in the synod will earn a 2% discount on all their 2013 health contributions. Collectively, the ELCA can save \$2.2 million if all synods (and employers within a synod), seminaries, and churchwide ministries qualify for the discount.

What about early retirees?

Those under the age of 65 and retired with ELCA-Primary health coverage can take the health assessment and earn personal wellness account credits. Because they are not sponsored by an employer, they are not counted toward the 2% discount.

Where do I go to take the health assessment? How long will it take me to complete it?

Take the assessment on the [Mayo Clinic EmbodyHealth web portal](#). It takes less than 30 minutes to complete.

Do I have to complete the health assessment all at once, or can I start and stop it?

You can stop at any point during the health assessment and pick up where you left off later. The site will save all your information.

Will I need to have any medical information available to answer specific questions, like blood pressure readings or lab values?

The assessment will ask for your height, weight, waist measurement, blood pressure, cholesterol (HDL and LDL), triglycerides, and blood sugar (glucose), but you don't have to know them to take the health assessment.

Who will have access to the information I provide in my assessment? What is done with my information? What about confidentiality?

The personal health information you provide while taking the health assessment is not shared with Portico Benefit Services, synod offices, or employers. However, your results are used to customize your EmbodyHealth web portal view (which only you see). Then the personal identification is removed from your results, and compiled into statistics so Portico Benefit Services can assess the health strengths and risks of its members as a whole. Portico Benefit Services receives aggregate information about a person's health risks.

Why do I keep receiving e-mail reminders from my synod to take the health assessment when I've already completed it?

The e-mail reminders are not linked to the Mayo Clinic database, and because your personal information is private, your synod has no way of knowing if you've taken the health assessment.

I can't remember whether or not I took the health assessment. How can I find out?

If you completed the health assessment, you'll see a personalized results page when you sign in to the [Mayo Clinic EmbodyHealth web portal](#). If you haven't completed it, you'll get a prompt to take the health assessment when you sign in.

What if I experience technical difficulty completing the assessment? Who should I contact?

If you have technical difficulties, visit the [Mayo Clinic EmbodyHealth web portal](#) and use the "Contact us" link.

If you have further questions, contact Portico Benefit Services at 800.352.2876 (M-F 7:30 am-5:00 pm Central Time) or mail@porticobenefits.org.

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