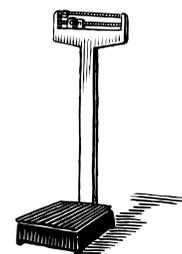




MARK YOUR CALENDAR!

City of Fond du Lac Employees 2012 Health Risk Assessments



Please note: There are some changes for the HRAs this year...

2012 Health Risk Assessments will be held on:

August 7, 8, 9, 14, 15, 16, 22

In addition, the online CHRA through UMR must be completed between August 7, 2012 and October 7, 2012.

Your Health Risk Assessment will consist of:

- Height, Weight, Waist, Hip, and Blood Pressure measurements, and
- A fasting blood test analysis consisting of a Lipid Panel and Glucose analysis**, and
- Men Only (over 50) – PSA blood draw, and
- Completion of UMR's online CHRA – Clinical Health Risk Assessment.

**To assure accurate results of the blood test, you will need to “fast” for 12 hours prior to the blood draw (*nothing to eat or drink for 12 hours, except for water*). Please be sure to drink plenty of water during the 12 hour fast.

Important information:

- Schedule your HRA appointment as noted on the next page.
- Save the paperwork you receive from IntegNet showing your HRA results. You will need this information to complete the UMR on-line assessment (CHRA).
- **Personal HRAs with individual doctors will NOT be accepted for 2012.** If you cannot participate on one of the scheduled dates at a City of Fond du Lac employee location, you must schedule an individual appointment with IntegNet and complete your HRA at IntegNet between August 7, 2012 and September 21, 2012.
- The online assessment (CHRA) with UMR must be completed between August 7, 2012 and October 7, 2012. There will be **no exceptions** outside of these dates.
- **Fire Department** employees will use their 2012 Fire Dept. HRA results from earlier this year to complete the online assessment (CHRA) between August 7, 2012 and October 7, 2012.
- To be eligible for the lower rate for 2013 health insurance deductions, you must have completed the IntegNet HRA and the UMR CHRA as noted above.

2012 HEALTH RISK ASSESSMENTS SCHEDULE

DATE	LOCATION	TIME	TO SCHEDULE APPOINTMENT, CALL
Tues. Aug. 7 th	Govt Center Rm D & E	7:00 am – 9:30 am	Claire – Ext. 3623
Wed. Aug. 8 th	Municipal Service Center	7:00 am – 9:30 am	Amber – Ext. 3544
Thurs. Aug. 9 th	Police Dept.	6:00 am – 9:00 am	Julie – Ext. 3706
Thurs. Aug. 9 th	Police Dept.	1:30 pm – 4:30 pm	Julie – Ext. 3706
Tues. Aug. 14 th	Govt Center Rm D & E	7:00 am – 9:30 am	Claire – Ext. 3623
Wed. Aug. 15 th	Municipal Service Center	7:00 am – 9:30 am	Amber – Ext. 3544
Thurs. Aug. 16 th	Govt Center Rm D & E	7:00 am – 9:30 am	Claire – Ext. 3623
Wed. Aug. 22 nd	Govt Center Rm D & E	7:00 am – 9:30 am	Claire – Ext. 3623
Aug 7 th –Sept 21 st	IntegNet (at St. Agnes Hospital)	As available	920/926-5666

If these dates and times do not work for you, you may call IntegNet at 920/926-5666 to schedule an appointment between August 7, 2012 and September 21, 2012.

Appointments will not be available after September 21, 2012 so that you can receive your paperwork and complete the online UMR CHRA by the October 7, 2012 deadline.

To receive the lower insurance rate for 2013, (1) the HRA must be completed with IntegNet, either at an appointment time listed above, or scheduled on your own at their location, AND (2) the UMR online CHRA must be completed, both within the deadlines noted.

IntegNet and UMR will provide us with the list of individuals participating. Please note that appointments with and documentation from personal physicians will not be allowed for the 2012 HRAs.