



Individualized Health Planning Sessions Q and A



Congratulations!

The numbers from last year's Individualized Health Planning (IHP) program not only shows its success, but also demonstrates the measurable, positive impact on participants' health. In the first two phases:

- 1172 unique participants tracked their biometrics.
- 74 participants lost at least 10 pounds.
- 128 participants lost at least 2 inches from their waistline.
- 82 participants decreased their blood pressure levels to normal, from at least 140/90.
- 77 participants decreased their cholesterol by at least 40 points.
- More participants were successful in other health goals.

Get Healthy—Stay Healthy

Take advantage of Individualized Health Planning Sessions (IHPs), a benefit of your UA Health In Action program provided at no out-of-pocket cost to you. Beginning in September, sign up and participate in a series of six face-to-face health planning sessions with an experienced wellness consultant, who will customize a plan to help you achieve your personal health and wellness goals. **Whether your needs are improving your overall health, reducing stress, managing your weight, or developing an exercise plan, your wellness consultant can help you be successful.** We offer convenient times and on-campus locations. IHPs are available for new and past participants. Sessions begin October 4. For details, visit: www.uahealthinaction.com.

Q and A

What are IHPs?

IHPs are meetings with a highly skilled, personal wellness consultant where you develop an individualized plan of action to meet your needs—from improved health to enhanced training. Your wellness consultant will use an advanced computer system and your feedback to develop a specialized plan just for you.

Set Goals: Your plan of action may be to lose weight, decrease your risk for heart disease, or even trim your triathlon time.

Biometric Screenings: These screenings may include: blood pressure, cholesterol and glucose, body composition, and more.

Incentives: You will receive incentive rewards such as a health guide, food and exercise log, health club passes, or cash card for continuing the program.

How can I participate?

IHPs are voluntary and enrollment is easy—just go to www.uahealthinaction.com to register and schedule your initial IHP session. You will receive a phone call and/or an email reminder within 24 hours of your first and subsequent sessions. WIN for Alaska, Inc. may also ask you to bring the results of your most recent Personal Wellness Profile as well as any other information that may help us make your initial session successful (bringing these materials is optional). Additionally, you may also be asked to complete a short questionnaire about the desired result of your IHPs prior to the first session.

Who can participate?

Currently the IHPs are available to UA staff and faculty in Anchorage, Juneau, and Fairbanks.

Individualized Health Planning Sessions

Q and A *(continued)*

When does the program start and how often do I get to meet with my personal wellness consultant?

IHPs begin October 4. The sessions include six visits over six months: 1) initial health planning session, 2) two-week assessment, 3) six-week evaluation, 4) halfway checkup, 5) four-month review, and 6) final strategy session. Don't forget to schedule your visits!

Do I have to attend all six sessions?

To be successful, WIN for Alaska, Inc. recommends attending all six sessions. We designed them so you will have consistency, motivation, and accountability to reach your goals.

When and where will the IHPs take place?

IHPs take place at various times during weekdays on campus. Available times and locations will be listed on the registration system.

What types of records will be kept on my visit?

WIN for Alaska, Inc. respects your privacy. At each visit, you will work with your wellness consultant on your goals and at the end of your meeting you will take all the paperwork with you. WIN for Alaska, Inc. will provide you with a file folder for this information. Depending on your goals and plan of action, we may enter information into our computer system. Each WIN for Alaska, Inc. PC is password-protected. We follow Health Insurance Portability and Accountability Act (HIPAA) rules and regulations.

What information will WIN for Alaska, Inc. provide UA?

WIN for Alaska, Inc. will only provide unidentifiable information to UA for tracking purposes. This information may include statistics, such as how many people are interested and working on a weight loss plan or how many participants are enrolled in the IHP sessions, etc. We will not provide any information that could identify anyone specifically. We follow HIPAA rules and regulations.

What else will be offered to help me reach my goal?

WIN for Alaska, Inc. will offer one to two monthly group sessions so you can meet other staff and faculty who have similar goals. These group sessions are optional. They will include: a short presentation on a health topic, a question and answer session, and a networking session.

Why are IHPs being offered?

UA and WIN for Alaska, Inc. know how hard it can be to find ways to stay healthy. Our winters are dark and cold and for some of us the thought of exercising or eating right is hard to do. We want you to know you are not alone. Sometimes all you need is to have someone who understands your obstacles and can consistently meet with you face-to-face to help you stay on track.

What makes IHPs unique?

There are no out-of-pocket costs. A personal wellness consultant will meet with you regularly on campus to discuss your needs. It is like having a personal trainer, coach, and friend all in one.

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