

PROTECTING YOUR PRIVACY

Your personal health information is important and should be kept confidential. That is why your employer and Healthways have a strict policy in place to protect your privacy rights. All personal health information that you share through the *Chicago Lives Healthy* Wellness Program support services will remain confidential and only be used and disclosed as permitted by law. In taking advantage of the well-being improvement tools and support that are available to you, enjoy the peace of mind that comes with knowing that your personal information is safeguarded from unauthorized access.

Is My Privacy Protected?

Yes. Healthways protects the confidentiality of your information in compliance with the Health Insurance Portability and Accountability Act of 1996 (HIPAA). Healthways may use and disclose your information as permitted by HIPAA, such as providing your employer with collective data about its population as a whole, providing your employer with information necessary to administer incentive programs and to administer its health plan, and contacting you about your wellness. Healthways does not sell your information and is not a telemarketing service.

What Is Healthways?

For over 30 years, Healthways has inspired more than 38 million people worldwide to achieve their personal best. By using proven health support techniques, quality medical information, and caring health professionals, the Healthways team meets you where you are and takes you where you want to go, creating better health and well-being for a better you.

What is the Biometric Screening and Well-Being Assessment®?

The biometric screening and Well-Being Assessment® (WBA) give you the information you need to improve your overall well-being. Your employer has partnered with Healthways to deliver this program. By participating in a biometric screening and completing a confidential questionnaire, you will learn more about your current health status, how your lifestyle habits affect your well-being, and what you can do to make healthier choices. It is important to answer all questions as accurately as possible. This ensures the results reflect your true health status.

What Happens During the Biometric Screening?

At the biometric screening, a health professional will measure your height, weight, waist circumference, and resting blood pressure. A small sample of blood will be collected to determine your cholesterol, glucose levels, triglycerides, and other factors that can lead to lifestyle-related health complications. The screening does not test for illicit drugs, HIV/AIDS, or hepatitis. All information is kept confidential in compliance with HIPAA requirements.

Will My Discussions With a Health Coach Be Kept Confidential?

If you qualify for coaching by phone, anything you share with a Health Coach will be held in the strictest confidence. To get the most out of *Chicago Lives Healthy*, it is important that you are as honest and open as possible in your discussions. Your personal health data and the information you disclose to a Health Coach will only be used and disclosed as permitted by HIPAA.



HEALTHWAYS

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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.

