

Healthy Purdue 2009 FAQ's

1.) Who is eligible to participate in Healthy Purdue 2009?

Answer: Benefit-eligible faculty, staff and long term disability participants from West Lafayette, Calumet, Fort Wayne and North Central campuses and their spouses/same-sex domestic partners.

2.) Can I still participate and earn the premium reduction if I opt out of Purdue's insurance plan?

Answer: Yes, you may still participate and earn the premium reduction by completing all the steps necessary.

3.) Do I have to complete the HPQ before I start working on my apples?

Answer: No, new in 2009 you no longer have to complete the HPQ before earning your apples- you can complete these tasks in any order you choose. However, don't forget that you need to have a wellness screening before completing the HPQ.

4.) Do I have to complete both the HPQ and the apples in order to receive the premium reduction?

Answer: Yes, all you need to do is complete the required number of apples, plus the wellness screening and HPQ and the \$200 premium reduction is yours!

5.) How long do I have to complete the HPQ after I complete my screening?

Answer: Within six months of completing your wellness screening, you need to complete the online HPQ.

6.) How many apples do I need to complete in order to receive the incentive?

Answer: You must complete at least four out of the six apples offered.

7.) What is the deadline that I need to have everything completed by?

Answer: You must complete your wellness screening, HealthPath Questionnaire (HPQ), and four apples by November, 20, 2009.

8.) Can I participate in outside activities in order to earn apples?

Answer: Yes, if you take part in health-related offerings from other campus programs, hospitals, fitness centers or community organizations, you may receive credit for a purple or red apple, depending on the specifics of the offering. Before taking part, contact your campus wellness program to review the details and receive approval for the alternative. Submit a complete Community Alternative Form and evidence of participation in the event to your campus wellness program to earn an apple.

9.) Where can I find programs to complete in order to earn apples?

Answer: Programs can be found on the PNC Wellness website:
www.pnc.edu/depts/HR/Wellness/wellness.htm

10.) Where do I find more information on Healthy Purdue 2009?

Answer: At the Healthy Purdue website: www.purdue.edu/healthypurdue/