

Section 1: This General Health Assessment (GHA) will ask you about your health and lifestyle habits. It is meant to provide insight into your health risks, healthy and unhealthy habits, and risk reduction strategies. The GHA is not intended to diagnose any diseases, illnesses, or health conditions. Return it to the Wellness Coordinator to receive your \$25 incentive for 2024. You will keep Section 1 for your personal records and hand in Section 2.

- 1) Annual Physical: reviewing your health status with a doctor reduces the risk of high-cost health insurance claims (illness lasting an extended time). Also, the US is experiencing a doctor shortage, it may be in one's best interest to ensure they have a doctor (reminder: preventative appts are offered at \$0 copay). How often do you participate in your annual physical?
- I get my physical annually
 - I go every 2-5 years
 - I have never had an annual physical

- 2) Gender: your gender can place you at increased risk for certain medical conditions guiding your doctor in assessment (ex: mammograms for women, prostate exams for men, etc.). What is your gender?
- Female
 - Male

- 3) Age: aging increases the risk of chronic diseases, for example, the risk of heart disease increases significantly in men over 45 and women over 55 years old. Health screenings (colonoscopies, mammograms) are often based on a given age. A doctor may consider additional risk factors (family history, lifestyle habits, work environment) and encourage screening in younger individuals. My age range is:
- I am a female under the age of 55 or a male under the age of 45 (lower risk)
 - I am a female over the age of 55 or a male over the age of 45 (higher risk)

- 4) Ethnic origin: some medical conditions are more prevalent within an ethnic population and should be reviewed with your doctor. What is your ethnic origin?
- | | |
|--|-----------------------------------|
| <input type="checkbox"/> African American | <input type="checkbox"/> Hispanic |
| <input type="checkbox"/> American Indian or Alaskan Native | <input type="checkbox"/> White |
| <input type="checkbox"/> Asian or Pacific Islander | <input type="checkbox"/> Other |

- 5) I perceive my current state of health to be:
- | | |
|----------------------------------|--|
| <input type="checkbox"/> Great | <input type="checkbox"/> Below average |
| <input type="checkbox"/> Good | <input type="checkbox"/> Poor |
| <input type="checkbox"/> Average | |

- 6) Job type: the type of work you do can affect your health. How active is your job? Do you take caution in lifting heavy objects? Do you work around potentially harmful materials? (If you spend a lot of time sitting, you may want to consider tracking your steps using a pedometer. If you encounter hazardous chemicals, ensure you have a properly fitted respirator and have your lungs checked regularly). Which best represents your job?
- | | |
|--|---|
| <input type="checkbox"/> Management Field/Office | <input type="checkbox"/> Laborer |
| <input type="checkbox"/> Office Staff | <input type="checkbox"/> Shop/Maintenance |
| <input type="checkbox"/> Carpenter/Welder | <input type="checkbox"/> Operator |

- 7) Tobacco: increases the risk of heart disease, stroke, and cancer. Quitting is beneficial and it is never too late, within a relatively short period (1-5 years) there are significant reversals in health-related risks. My smoking status is:
- Yes, I currently smoke.
 - I quit smoking 2 or more years ago
 - I quit smoking less than 2 years ago
 - I have never smoked cigarettes

- 8) Smokeless tobacco: increases the risk of heart disease, stroke, cancer, and more. How often do you use smokeless tobacco (snuff or chewing tobacco)?
- None
 - 1 or less per day
 - 2 or more per day

- 9) Alcohol: chronic alcohol usage is linked to chronic diseases such as high blood pressure, heart disease, and stroke. It can also contribute to issues involving learning, memory, and mental health. The CDC recommends women limit alcohol to 1 drink or less per day; and men limit alcohol to 2 drinks or less per day. On average, how many drinks do you consume per week?
- None
 - 1-2
 - 3-7
 - 8-14
 - 15 or more

- 10) Blood work: "Know Your Numbers" - cholesterol, blood pressure, blood glucose, and body weight are indicators of current and future health. Measures should be accounted for as part of the annual physical. How well do you "know your numbers"?
- I do not "know my numbers".
 - I review "my numbers" with the doctor at my annual physical, but I am not aware of what they are.
 - I take extra effort to "Know My Numbers" and take steps to manage them.

- 11) Family Health History: many chronic diseases have a genetic link making it important information to share with your doctor. One should also consider passing that information onto future generations. What do you know about your family health history?
- I am aware of my family's health history.
 - I have never reviewed my family health history.

- 12) Nutrition: ultra-processed foods make up 57% of total calories in the Standard American Diet (SAD). Whole foods have less sugar, sodium, fat, and chemicals. Evaluate your nutrition:
- Water (check all that apply)
 - I get the recommended 64+ ounces daily.
 - I limit intake of harmful sugar-sweetened beverages including soda, diet soda (chemicals), sports drinks, and energy drinks.
 - Fruits
 - I get the Recommended Daily Amount (RDA) of 2+ fruits per day.
 - I do not get the RDA of 2 fruits per day.
 - Vegetables
 - I try to get the RDA of 3+ vegetables per day.
 - I do not get the RDA of 3 vegetables per day.
 - Proteins (check all that apply)
 - I get 3-5 servings of healthy proteins each day (chicken, fish, turkey, eggs, beans, nuts/seeds, and dairy).
 - I limit the use of poor-quality proteins such as processed meats (bacon, ham, sausage, corned beef, pepperoni).
 - I do not pay attention to the quality of proteins I eat.
 - Starchy Complex Carbohydrate from breads, pasta, cereal, potatoes, etc. – check all that apply:
 - I focus on whole wheat products over those made with refined white flour.
 - I read labels ensuring products have 4 or more grams of fiber and are low (4 grams or less) in sugar.
 - I do not pay much attention to the quality of the carbohydrates I eat.
 - Healthy Fats
 - I get the recommended 2-3 servings per day including nuts/seeds, olive oil, avocado, salmon, etc.
 - I do not get the recommended 2-3 servings per day.

13) Exercise: regular physical activity lowers the risk of disease. Research based exercise recommendations include: a) 150-minutes of moderate aerobic exercise per week (AHA exercise recommendation); and/or b) 10,000 steps registered on a pedometer per day. Which statements below reflect your exercise habits (check all that apply)?

- I get 150 minutes of aerobic exercise per week.
- I get 10,000 steps per day.
- I do not meet the recommended exercise standards above, but I do exercise regularly.
- I do not exercise.

14) Sleep: poor sleep habits can lead to weight gain, diabetes, cardiovascular disease, type 2 diabetes, and depression. How are your sleep habits?

- I get the recommended 7-9 hours per night.
- I do not get the recommended 7-9 hours per night.

15) Gia App: The MVP member app provides many benefits including virtual urgent care (\$0) copay, a digital ID card, claims history information (including EOB), and much more! Which of the following best describes you?

- I have the Gia App downloaded on my phone.
- I have heard of it but have not downloaded it.
- I have heard of it and am not interested in using it.
- I have never heard of it.

16) Dental Health: there is a correlation between poor oral hygiene and cardiovascular disease. Your ESHCA Health Benefit includes two (2) yearly dental checkups/cleanings (100% allowable rate). How often do you go to the dentist?

- I get my teeth cleaned twice per year as recommended.
- I go regularly but not twice per year.
- I do not use my dental check-ups.

17) Stress & Depression: recognizing the warning steps of poor mental health are critical. Do you experience any of the following on a regular basis (check all that apply)?

- Downhearted or sad?
- Angry or hostile?
- Nervous or uptight?
- None of the above

18) When it comes to stress, do you get good support from friends and family?

- Yes
- No

19) Stress can be negative or positive depending on how it is managed. How do you manage your stress?

- I am very effective.
- I am somewhat effective.
- I am not effective and should take steps to improve.

20) Existing or pre-existing conditions can turn into more serious problems if not managed. Do you currently have or have you ever had any of the following (check all that apply)?

- | | |
|---|--|
| <input type="checkbox"/> Stroke | <input type="checkbox"/> Cancer (of any kind) |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> High Blood Pressure |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Polyps of the Colon or Rectum |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Chronic Bronchitis or Emphysema |
| <input type="checkbox"/> Back pain | <input type="checkbox"/> Neurological Issues of Extremities |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Angina, Congestive Heart Failure, or Heart Attack |
| <input type="checkbox"/> Osteoporosis | |
| <input type="checkbox"/> High Cholesterol | |

2024 Wellness Objectives:

Small steps pay big dividends; 2,000 members working on the 4 objectives listed can have a profound impact on ESHCA Health Insurance spending. Good health is not about being perfect, it is about being better. “Practicing” even one of the four objectives is a worthy step toward good health.

- 1) Get your Annual Physical.
 - Take it a step further by making an effort to “Know Your Numbers”.
- 2) Drink Water!
 - Try to get the recommended 66-99 ounces per day.
 - Take it a step further by reducing or eliminating sugar-sweetened and chemical laden drinks (including soda and diet soda).
- 3) Strive for 5!
 - Eat 5+ servings of produce per day (2+ fruits and 3+ vegetables).
 - Take it a step further by reducing calories from processed foods, replace them with fruits and vegetables.
- 4) Exercise 5+ minutes per day 3 times per week!
 - Get your heart rate elevated slightly by walking up hill; up and down the stairs; on the treadmill; or on a stationary bike.
 - The AHA recommends 150-minutes of aerobic exercise per week, however, only 23% of American adults attain that level (personally, I doubt it is that high).
 - 5 minutes per day has shown significant health benefits and is a good starting point.

Note: ESHCA offers challenges and incentive programs to motivate, encourage, and reward members and their member-spouse for “practicing” such healthy behaviors. Information on the incentive program can be found in the online newsletter or on the ESHCA website (www.eshca.org).

Questions? Contact:

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Section 2: Member Interest Survey and ESHCA Communication Questionnaire

This portion of the GHA will be separated and turned in upon completion. None of this information is shared outside the Wellness Program, it will be used to assess how well we are communicating. Email correspondence will be used sparingly; only 12 times per year to send the monthly online newsletter. Every email and text link provides an option to “stop” notifications.

Name: _____

Company: _____

Email: _____

Text Link (optional – read below): _____

- 1) ESHCA Wellness offers a monthly online newsletter, “Blueprint to Wellness 2024”. It is a coaching tool providing benefit information, health/wellness tips, and connects you to the incentive program. It is offered monthly through an email and quarterly (March, June, Sept, and Dec) through a text link.

- Check all that apply:

- I already receive the newsletter through email and that works for me.
- Please include me in a cell phone text link, my cell phone number is: _____
- I am not interested in receiving the monthly online newsletter.

- 2) Are you aware of the Annual Physical Incentive (\$200) offered through ESHCA?

- Yes, I submitted my paperwork and received the incentive.
- Yes, but I did not submit the paperwork to receive the incentive.
- No, I was not aware of the incentive.

- 3) ESHCA is encouraging members to register for Gia (the MVP app).

- I have downloaded Gia.
- I have heard of Gia but have not downloaded it.
- I have never heard of Gia.
- I have heard of Gia but am not interested in using it.

- 4) One time per year (fall of 2023), information is mailed outlining the Wellness Programs and the incentive program. Is it effective?

- Yes, I received it and reviewed the information.
- Yes, I received it but did not review the information.
- No, I do not recall receiving the information.

- 5) I would be interested in more information or programs in relation to (check all that apply):

- Health insurance and how it works.
- Medical conditions such as high blood pressure, high cholesterol, high blood sugar, etc.
- Nutrition
- Exercise
- Finances
- Other: _____