

# NOTICE REGARDING WELLNESS PROGRAM

The University of Dayton's Faculty and Staff Wellness Program is a voluntary wellness program available to all benefit eligible employees. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others.

If you choose to participate in the wellness program, you will be asked to complete a voluntary health risk assessment or "HRA" that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be asked to complete a biometric screening, which will include a blood chemistry profile and complete blood count, 27 individual tests for cholesterol, glucose, kidney and liver enzymes, plus 18 different tests to detect anemia, infection and more. Other tests include A1-C, blood pressure, BMI, waist circumference and additional tests are available for purchase. You are not required to complete the HRA or to participate in the blood test or other medical examinations.

However, employees who choose to participate in the wellness program's yearly HRA and biometric screening will receive an incentive of \$120 off their health insurance premium. These employees will then be eligible to participate in the Health Activity Tracker to earn an additional \$120 off their health insurance premium, for a total deduction amount of up to \$240 yearly. Although you are not required to complete the HRA or participate in the biometric screening, only employees who do so will receive the \$120 discount and be eligible to earn the additional \$120 discount with the Health Activity Tracker Program.

The additional \$120 incentive offered through the Health Activity Tracker will encourage employees to participate in certain health-related activities offered on and off campus such as fitness classes, mind body classes, lunch and learns and annual preventative health screenings. Participants will earn points for completing these activities, if you earn enough points in the year using the Health Activity Tracker you will receive the additional \$120 reduction. If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting Maci Byers at [mbyers1@udayton.edu](mailto:mbyers1@udayton.edu) or 937-229-2743.

The information from your HRA and the results from your biometric screening will provide you with information to help you understand your current health and potential risks, and may be used to offer you services through the wellness program, such as fitness classes, smoking cessation, health challenges and lunch and learns, etc. You also are encouraged to share your results or concerns with your own doctor.

## Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and the University of Dayton may use aggregate information it collects to design a program based on identified health risks in the workplace, the University of Dayton Faculty and Staff Wellness Program will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only entities who will receive your personally identifiable health information is Anthem Health Insurance and HealthWorks in order to provide you with services under the wellness program.

In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records, information stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be

taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, please contact the Equity and Compliance Office at UD. For any other wellness related questions, please contact Maci Byers the Faculty Staff Wellness Coordinator at [mbyers1@udayton.edu](mailto:mbyers1@udayton.edu) or 937-229-2743.