Supporting faculty and staff in making healthy lifestyle choices.

**DEADLINE IS OCTOBER 31ST!**

A wellness credit of up to $240 per year is available to faculty and staff paying for Vanderbilt Health Plan benefits.

The deadline is October 31, 2012 to receive the wellness credit applied to your Vanderbilt Health Plan Account in January, 2013.

Call Health *Plus* at 343-8943 for assistance.

Complete yearly at [http://healthplus.vanderbilt.edu](http://healthplus.vanderbilt.edu)
Quick Facts
about the Go for the Gold Program

1. **What is the purpose of participating in Go for the Gold?**

   Go for the Gold helps faculty and staff and their families lead healthier and more productive lives by providing identification of health risks and encouraging them to take action to reduce those risks.

2. **Who should participate in Go for the Gold?**

   All faculty and staff that are committed to leading a healthy lifestyle are encouraged to participate in Go for the Gold. Individuals that do not qualify for the wellness credit can still reap the health benefits of the program.

3. **What are the benefits of having a wellness credit put into the Vanderbilt Health Plan Account?**

   - The money is not taxed.
   - The money is deposited as a lump sum at the beginning of the calendar year.
   - The money can be used to help off-set the cost of deductibles and coinsurance.
   - The money will roll over each year, to a maximum of $1,000.

4. **Why should I do a Health Risk Assessment?**

   The Health Risk Assessment helps you understand what your health risks are and what you can do to become as healthy as possible. Do it every year to track health changes.

5. **Why should I do a Wellness Actions Log?**

   The Wellness Actions Log helps you choose healthy actions to maintain or improve your health.

6. **Why should I watch Game Plan for Your Health?**

   The Game Plan for Your Health video can help you improve your health and your life; focusing on different healthy lifestyle behavior topics each year.

7. **What can I expect to be different when I participate in the 2012 Go for the Gold program?**

   *Please note: You only need to complete 7 out of the 10 categories to get credit for completing the WAL.*

   - A revised Wellness Actions Log (WAL). The Wellness Categories **Weight**, **Physical Activity** and **Blood Pressure**, require participation in Health Plus programs, specifically **Know Your Numbers**
and Start!. Be sure to view the WAL soon, so you have plenty of time to complete it before the October 31st deadline.

- A new Game Plan for Your Health video focusing on prevention will be announced in the late spring.

- An easy way to check your own Go for the Gold completion status by logging into the Health and Wellness Information Portal at https://myhealthandwellness.vanderbilt.edu/

8. Where can I participate in Know Your Numbers?

- Health Plus provides Know Your Numbers locations on the main campus and at off-site locations and for departments. Learn more about Know Your Numbers at: http://healthandwellness.vanderbilt.edu/news/2011/09/know‐your‐numbers/

9. If I pay for my family's Vanderbilt Health Plan, but my spouse also works for Vanderbilt and is on my health plan can he or she obtain the wellness credit?

No. Only individuals that pay for a Vanderbilt Health Plan benefit may receive the wellness credit.

10. Where can I get information about Go for the Gold participation for my Spouse/Same-Sex Domestic Partner?

Read the Spouse/Same-Sex Domestic Partner FAQ’s on the Health Plus website.

11. How will I know the balance of my Vanderbilt Health Plan Account?

Details on how to access your Health Plan Account balance online can be found on the Health Plus website. Visit http://healthplus.vanderbilt.edu and click on the Go for the Gold Faculty/Staff Overview webpage.

12. How does the Vanderbilt Health Plan Account work?

Vanderbilt puts the Wellness Credit you earn for participating in the Go for the Gold program into a Health Plan Account which is managed by Aetna and BlueCross BlueShield of Tennessee. The Health Plan Account helps you pay your deductible and coinsurance. The wellness credit can be applied to any family member that is on your health plan. It cannot be used for co-pays, vision, dental or prescriptions. No action is needed to access the account, it will happen automatically behind the scenes. The Go for the Gold Wellness Credit in the Health Plan Account is completely separate from and has no impact on the Flexible Spending Account (FSA) and Health Reimbursement Account (HRA) managed by PayFlex.

13. What happens if I have a balance in my Health Plan Account at the end of the year?

Your Health Plan Account balance will rollover to the following year, as long as you remain enrolled in the Vanderbilt Health Plan and you participate in Go for the Gold for that year. It will continue rolling over from year-to-year until you reach the maximum rollover amount of $1,000. If you switch Health Plans, the Health Plan Account balance will move with your Health Plan election.

14. Where can I get more information on the details of the Vanderbilt Health Plan?

You can contact the Benefits Employee Service Center at 343-7000 or by email at human.resources@vanderbilt.edu.

Updated on May 1, 2012

Go for the Gold is part of Health Plus; a Faculty and Staff Wellness Program.