



Human Resources

2023

HEALTHY BOILER PORTAL

JANUARY 1 - DECEMBER 31, 2023

LEARN MORE ABOUT THE
HEALTHY BOILER PROGRAM AND
MANAGE YOUR INCENTIVES AT
PURDUE.WELLRIGHT.COM.

HEALTHY BOILER

YOUR BENEFITS. YOUR CHOICES. YOUR WELL-BEING.

Welcome to your Healthy Boiler portal—your hub for all aspects of the Healthy Boiler Program.

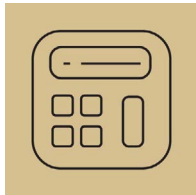
Aimed at improving your overall health and well-being, the Healthy Boiler Program focuses on behavioral health, financial wellness, physical health, social wellness and work-life integration. Together, these provide the foundation for your benefit offerings at Purdue University.



BEHAVIORAL HEALTH

Counseling and behavioral health services to ensure your mental and emotional health.

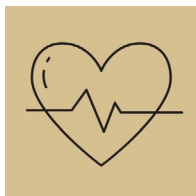
[Learn more about Purdue's behavioral health resources.](#)



FINANCIAL WELLNESS

Education and guidance to secure your long-term financial well-being through retirement planning, financial coaching, life insurance and more.

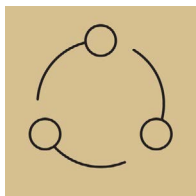
[Learn more about Purdue's financial wellness programs.](#)



PHYSICAL HEALTH

Comprehensive and cost-controlled medical, dental and vision benefits—plus affordable resources to help you be proactive with your health.

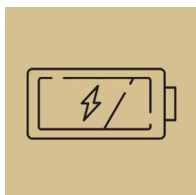
[Learn more about Purdue's physical health benefits.](#)



SOCIAL WELLNESS

Opportunities that bring people together—through wellness, at our workout facilities, or in one of our cultural, leadership or faculty centers.

[Learn more about Purdue's social wellness programs.](#)



WORK-LIFE INTEGRATION

Family-friendly benefits supported by other resources to help working families balance the needs of both home and work.

[Learn more about Purdue's family-friendly benefits.](#)

HEALTHY BOILER PORTAL

Employees are encouraged to take full advantage of their benefit offerings, and the Healthy Boiler portal is a great way to do that.

Participating in all aspects of the Healthy Boiler Program—from our incentive program, challenges, events and self-education—fuels a journey to total well-being.



WATCH THIS [VIDEO](#) FOR AN OVERVIEW OF THE HEALTHY BOILER PORTAL.

WHAT TO EXPECT FROM THE HEALTHY BOILER PORTAL

MOBILE APP

Allows you to log activity on the go. [Watch this video for more information.](#)

WELLNESS CHALLENGES

Fun, customizable challenges, so you can create a wellness journey that's meaningful to you. You can participate in monthly Healthy Boiler challenges as well as create peer-to-peer challenges, which can be shared with friends and co-workers. There's even an area to add "Personal" challenges and goals.

HEALTH RISK ASSESSMENT

Measure well-being across the six key dimensions: emotional, occupational, social, financial, physical and purpose. By completing this optional assessment, you can earn additional incentive dollars.

CALENDAR

Keep track of workshops or challenges you have signed up for as well as monitor your steps, calories and more if you connect a smart device.

DEVICES

Connect several apps or devices to the portal, tracking your steps, calories, etc.

UNIVERSITY

An avenue to education via courses and habit-based challenges to drive positive behavioral change. Courses on a variety of topics are available under the University link at the top of the portal's homepage.

Course topics include, but are not limited to:

- Alcohol
- Anxiety
- Asthma
- Blood pressure
- Chronic pain
- COVID-19
- Depression
- Diabetes
- Diet
- Emotional wellness
- Financial wellness
- Heart health
- Pregnancy
- Sleep
- Smoking cessation
- Weight control

INCENTIVE TRACKER

Describes each step of the incentive program and is used to submit documentation as steps are completed.

HEALTHY BOILER

HOW TO REGISTER

ACTIVATE YOUR ACCOUNT

Employees must register and login first in order to allow spousal access to the site.

- Spouses must register separately in order to manage activity and receive the incentives.
- Benefits-eligible employees who are “spouse opt-outs” on the health plan are considered spouses and should register as a spouse.

Spouses should not use the link in the registration email that was sent to employees. This link is unique to the employee and will not allow the spouse to register. Instead go directly to purdue.wellright.com.

1 Go to purdue.wellright.com and click **Register**.

- 2** Complete the required registration information.
- If you are the Purdue employee, select "I am the Employee".
 - If you are the spouse of a Purdue employee, select "I am related to the Employee".

Purdue Employee Registration Steps:

- 3**
- Enter your first and last name as it appears on your pay stub.
 - Enter your Purdue email address.
 - Create a password.
 - Enter your date of birth.
 - Enter your 10-digit PUID, including the two leading zeros.

Spouse Registration Steps:

- (Including Purdue employees covered as a spouse on another Purdue employee's medical plan.)
- Enter your legal first and last name.
- Enter your own personal email address in the first email field.
- Select relationship with employee.
- Enter your spouse's Purdue email address in the “Primary Member Email” field. This cannot be the same email address that was **entered into the first email field**.
- Create a password.
- Enter your date of birth.

4 Continue as prompted to finish registration.

HEALTHY BOILER WORKSHOPS

Throughout the year, Purdue employees have access to a variety of [Healthy Boiler workshops](#) that fit one or more of the five Healthy Boiler Pillars: [behavioral health](#), [financial wellness](#), [physical health](#), [social wellness](#) and [work-life integration](#).

These workshops will be highlighted, and most will have reservations made, via the portal. Workshops are free to all benefits-eligible employees (including those who opt out of Purdue health coverage) and dependents covered on a Purdue health plan.

HEALTHY BOILER INCENTIVE REQUIREMENTS



We've enhanced the incentive program to reward more comprehensive wellness efforts through a variety of steps.

Since its inception, the Healthy Boiler Program has focused on overall health and well-being. With enhancements to the Healthy Boiler Incentive Program, the Purdue family has even more reason to focus on preventive care and screenings, many of which are covered 100 percent by all Purdue medical plans. Those who participate in the incentive program will earn incentive dollars for having those screenings and exams done. In addition, preventive screenings and early detection of medical problems can help identify issues before they become too serious, costly and more difficult to treat. Overall health and wellness is important to us all. As a result of the new incentive structure, we hope to see increased participation in the Healthy Boiler Incentive Program from the Purdue population.

Bill Bell, vice president for Human Resources

Benefits-eligible employees (including those who have opted out of Purdue's medical insurance) on all campuses plus spouses covered on a Purdue health plan are eligible to participate and earn incentives, which are deposited into their HSA or HRA to help pay for **eligible healthcare expenses**. Amount earned for each step is based on coverage level elected within a Purdue medical plan.

The Healthy Boiler Incentive Program runs from Jan. 1 - Dec. 31, 2023.

		Employee Only	Employee & Spouse	Employee + Children	Employee & Family
STEP 1 (REQUIRED)	Complete Annual Physical	\$150	\$150	\$300	\$150
	Complete Annual Biometrics	\$100	\$100	\$200	\$100
STEP 2 (OPTIONAL)	Complete Health Risk Assessment	\$100	\$100	\$200	\$100
	Complete Dental or Vision Exam	\$25	\$25	\$50	\$25
	Complete Well-being Screenings	\$75	\$75	\$150	\$75

- Employee + Spouse & Family levels: Both employee and spouse may earn independent of the other.
- Employee + Children: Only the employee needs to complete the activity to earn amounts.
- Employees who opt-out may earn employee only amounts.

HEALTHY BOILER INCENTIVE REQUIREMENTS



1

STEP 1

COMPLETE YOUR ANNUAL PHYSICAL (REQUIRED)

This step is required to begin earning incentives in 2023, and **the form** must be completed and uploaded into the Healthy Boiler portal before payment for additional steps can be paid. However, you may complete the steps in whatever order works best for you. Once the annual physical is completed and uploaded into the portal, it will trigger payment for all other completed activities.

Annual physicals are covered at 100 percent on all three Purdue medical plans.

Physicals can be performed at a community provider of choice, including the [Center for Healthy Living \(CHL\)](#) on Purdue's West Lafayette and Northwest campuses and the [Campus Health Clinic](#) on Purdue Fort Wayne's campus.

If your physical is completed at the CHL, a staff member will upload your form for you as a courtesy.

2

STEP 2

COMPLETE ADDITIONAL ACTIVITIES (OPTIONAL)

This step offers you additional well-being options to earn more incentive dollars. You can complete any or all of the following options: annual biometrics, health risk assessment, dental or vision exam or one well-being screening from the list of options.

Reminder: Payment for completing these options cannot be paid out until the annual physical is completed and uploaded into the Healthy Boiler portal.

ANNUAL BIOMETRICS

Included in an annual physical; however, uploading your biometric screening information is optional. If you wish not to share your biometric screening results for additional incentive dollars, do not include them on your submitted physical form. If you do submit them, you earn additional incentive dollars.

Reminder: If your physical is completed at the CHL, a staff member will upload your form for you as a courtesy. If you do not want your biometrics included, be sure to tell them during your appointment.

Tests in annual biometric screenings include:

- Height
- Weight
- Body Mass Index (BMI)
- Cholesterol (TC)
- HDL cholesterol
- LDL cholesterol
- Glucose (blood sugar)
- A1c (average blood glucose, or blood sugar, level over the past 3 months)
- Triglycerides

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HEALTHY BOILER INCENTIVE REQUIREMENTS



HEALTH RISK ASSESSMENT

The assessment measures well-being across six key dimensions: emotional, occupational, social, financial, physical and purpose. Once answered, the questions provide you with an overall personal health profile that can help you understand your well-being strengths and identify where you can make simple lifestyle changes to improve your quality of life. It takes approximately 15 to 20 minutes to complete.

Note: Individual results are not shared with Purdue.

DENTAL OR VISION EXAM

Completing an annual dental or vision exam earns you additional incentive dollars. There is no form required to upload for the dental or vision exam. Once you have completed an exam, go to the "Dental or Eye Exam" box within in the "2023 Incentive Additional" section of the portal, check the box marked "Yes, I have completed a dental exam or eye exam" and then hit submit. For information on Purdue's dental and vision coverage, please see [Dental Insurance](#) and [Vision Coverage](#).

WELL-BEING SCREENING

Choose one from a variety of preventive [well-being screenings](#) to earn additional incentive dollars. Within the Healthy Boiler portal, age-appropriate screenings are displayed as options to complete within your personal Healthy Boiler log in. Each person sees different screenings based on their age group.

(Note: You may complete as many preventive screenings as you want, but will only receive additional incentive dollars for one.)

INCENTIVE PAYOUT

Payment for completed activities* occur monthly (in the month following completion) to the employee's Health Savings Account (HSA) or Health Reimbursement Arrangement (HRA) for use with [eligible healthcare expenses](#).

Example: A person who fulfills the incentive requirements by the end of April 2023—including submitting their information into the Healthy Boiler portal—receives incentive dollars by the end of the day (11:59 p.m.) on the business day following their last pay date in May 2023 into an HSA or an HRA.

If you have an HSA: Payments for both the employee and spouse are deposited directly to the employee's HSA. [Information about HSAs can be found here.](#)

If you don't have an HSA: Employees without an HSA receive payments to an HRA, which Purdue will set up. HRA accounts are similar to flexible spending accounts (FSA) in that HRA funds can be used for the same types of health expenses as the FSAs and funds do not roll forward at the end of the calendar year. [Information about HRAs can be found here.](#)

For those who complete the requirements in December, a payout will be made the following January.

*An aggregate report is provided to Human Resources indicating how much each person should receive based on completed items. Human Resources does not receive any personal health information related to your incentive completion.

HEALTHY BOILER

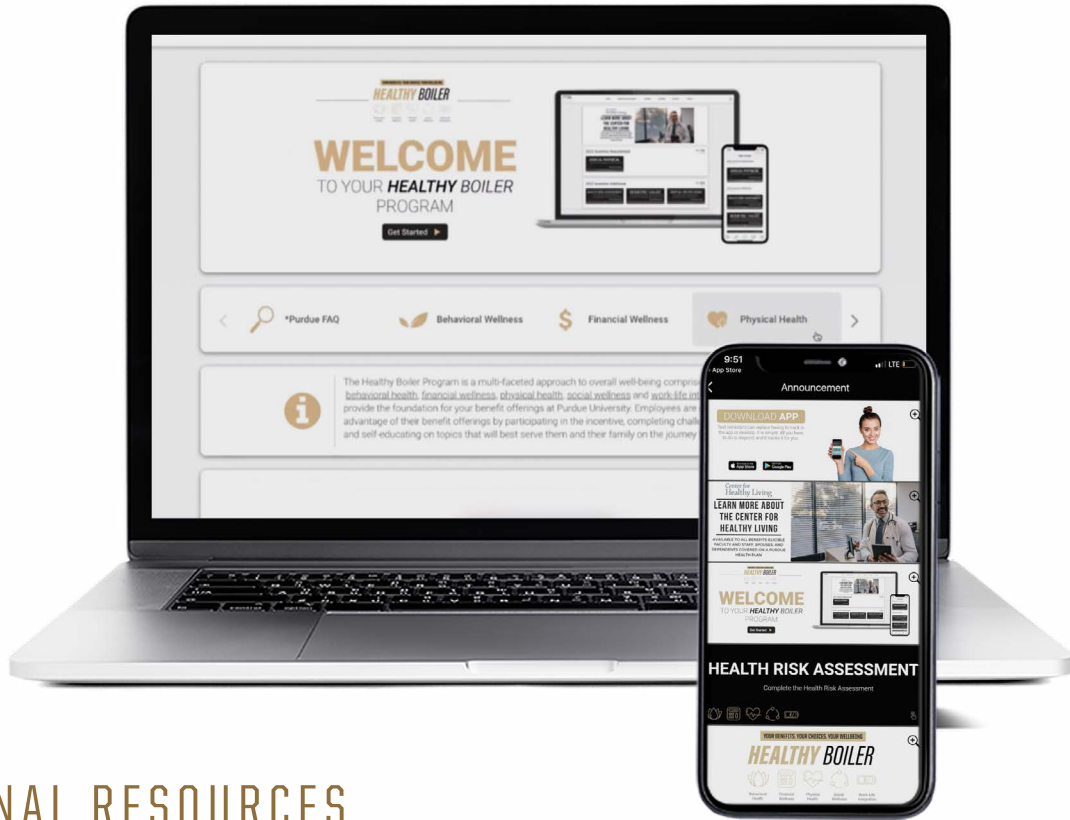
WELL-BEING SCREENINGS



The following **age-appropriate, common well-being screenings** are included in the 2023 Healthy Boiler Incentive Program.

	Details
Bone Density Test	Bone density tests assess your bone health and help identify osteoporosis. Talk with your primary care provider to find out if a bone density test is right for you and to obtain a referral of where to go for testing. See Mayo Clinic's Bone density test for details.
Colorectal Screening or Colonoscopy	The CHL offers Cologuard® as a way to test for colon cancer at home, which is highlighted each March during Colon Cancer Awareness Month. To learn more about Cologuard,® visit Screening for colon cancer with Cologuard. ® Referral locations for employees on the West Lafayette, Fort Wayne and Northwest campuses are available for a variety of medical needs, including where to go for a colonoscopy. See the Center for Disease Control and Prevention's (CDC) Colorectal Cancer Screening Tests for details on screening tests.
Depression Screening	Depression screenings include a questionnaire that you complete yourself or with the help of your primary care provider during your annual physical, etc. This questionnaire is designed to indicate if you are at risk or have symptoms of depression. Employee Assistance Programs (EAPs) on Purdue campuses— SupportLinc (West Lafayette), Bowen Center (Fort Wayne) and New Avenues (Northwest campuses)—are also good resources. The Anxiety and Depression Association of America (ADAA) offers Screening for Depression assistance. Mental Health America's (MHA) Take a Mental Health Test is also a useful resource.
Flu Shot	Each year, Purdue provides seasonal flu shots to Purdue employees, spouses and dependents free of charge. Individuals can also get their flu shots from their healthcare provider or retail pharmacy. For more information on flu shots, see the Center for Disease Control and Prevention's (CDC) Seasonal Flu Vaccines . Note: Regional campuses also hold flu shot clinics on their campuses.
Mammogram	Referral information on where to go for a mammogram is available for employees on the West Lafayette, Fort Wayne and Northwest campuses. Additionally, Purdue holds mammography campaigns to raise awareness about the importance of screening mammograms. See the Center for Disease Control and Prevention's (CDC) What is a Mammogram? for details on the screening.
Pap Smear	A pap smear can be done as part of an annual physical if requested. See Mayo Clinic's Pap smear for details on this screening.
Prostate Exam	A prostate exam can be done as part of an annual physical if requested. See the Center for Disease Control and Prevention's (CDC) What Is Screening for Prostate Cancer? for information on this exam.
Shingles Vaccine	The CHL on Purdue's West Lafayette campus offers shingles vaccines. Referral information is available for employees on the West Lafayette, Fort Wayne and Northwest campuses. See the Center for Disease Control and Prevention's (CDC) Shingles (Herpes Zoster) Vaccination for details.
Skin Cancer Check	See the National Cancer Institute's (NCI) Skin Cancer Screening (PDQ®) – Patient Version for information.

HEALTHY BOILER PORTAL



ADDITIONAL RESOURCES

- Watch the [2023 Healthy Boiler Program video](#)
- Utilize the [Healthy Boiler Portal Quick Reference Guide \(QRG\)](#)
- Need help with the app? [Healthy Boiler Portal Mobile App Quick Reference Guide](#)
- Learn more about Calendars and Text Reminders: [Healthy Boiler Portal Utilizing Calendars and Text Reminders Quick Reference Guide](#)
- Visit the [Healthy Boiler Program website](#)
- Follow Healthy Boiler on social media
 - [Facebook](#)
 - [Instagram](#)
 - [LinkedIn](#)
 - [Twitter](#)
- Contact Human Resources at hr@purdue.edu, [HR Help](#) (secure email) or by phone at 765-494-2222 or toll-free at 877-725-0222.