



A separately incorporated ministry of the ELCA

Mayo Clinic Health Assessment Frequently Asked Questions

What is the Mayo Clinic health assessment and why should I complete it?

The Mayo Clinic health assessment identifies personal health strengths and risks, and provides steps you can take to establish healthy habits and improve well-being. It's available to all ELCA health plan members. If you have ELCA-Primary health benefits, completing the health assessment will also earn you wellness dollars you can use to pay for eligible out-of-pocket medical expenses. If you're sponsored by an ELCA employer, completing the health assessment by April 30 will help your organization earn [a 2% discount](#) on its ELCA health contributions for the entire year.

Who is eligible to take the Mayo Clinic health assessment?

All ELCA health plan members are eligible to take the health assessment. Members who waive ELCA health coverage are not eligible to take it.

Who can earn wellness dollars, and how are they earned?

Plan members, spouses, and eligible same gender-partners with ELCA-Primary health benefits can earn wellness dollars by taking the health assessment.

When should I take the health assessment?

ELCA-Primary health plan members must take the health assessment by September 30 to earn wellness dollars. If you take it by April 30, you'll help your organization earn [a 2% discount](#) on health contributions for the year.

What is the 2% discount, and how does it benefit our synod?

The 2% discount rewards ELCA employers for encouraging sponsored employees and eligible spouses to take the Mayo Clinic health assessment. Employers will earn a 2% discount on their health contributions for the entire year if 65% or more of the sponsored ELCA-Primary plan members and eligible spouses within their synod, seminary, or churchwide ministry take the health assessment between January 1 and April 30 of that year. Collectively, the ELCA can save \$2.3 million if all synods (and employers within a synod), seminaries, and churchwide ministries achieve the discount.

Can ELCA Medicare-Primary health plan members help employers earn the 2% discount?

Only *sponsored* employees and eligible spouses with ELCA-Primary health benefits can help earn the 2% discount. ELCA Medicare-Primary health plan members can take the health assessment, but they don't earn wellness dollars and are not counted toward the 2% discount.

What about early retirees?

Those under the age of 65 who are retired with ELCA-Primary health benefits can take the health assessment and earn wellness dollars. However, because they are not sponsored by an employer, they are not counted toward the 2% discount.

What about retirees over the age of 65?

Those over the age of 65 who are retired with ELCA Medicare-Primary health benefits are eligible to take the health assessment. However, they do not earn wellness dollars and are not counted toward the 2% discount.

Where do I take the health assessment? How long will it take me to complete it?

Take the health assessment on [Mayo Clinic Healthy Living online](#) (which replaces the former EmbodyHealth web portal). The health assessment takes less than 30 minutes to complete. You can now access it directly through myPortico.

Do I have to complete the health assessment all at once, or can I start and stop it?

You can stop at any point during the health assessment and pick up where you left off later. The site will save all your information.

Will I need to have any medical information available to answer specific questions, like blood pressure readings or lab values?

The health assessment will ask for your height, weight, waist measurement, blood pressure, cholesterol (HDL and LDL), triglycerides, and blood sugar (glucose). While you don't have to know them to take the health assessment, the results will be more useful if they're based on recent medical numbers.

Who will have access to the information I provide in my assessment? What is done with my information? What about confidentiality?

The personal health information you provide while taking the health assessment is not shared with Portico Benefit Services, synod offices, or employers. However, your results are used to customize your Mayo Clinic Healthy Living online view (which only you see). Then the personal identification is removed from your results, and compiled into an aggregate view so Portico can assess the health strengths and risks of its members as a whole.

I can't remember whether or not I took the health assessment. How can I find out?

If you completed the health assessment, you'll see personalized "My Health Assessment" results on the Healthy Living homepage when you sign in to [Mayo Clinic Healthy Living online](#). If you haven't completed it, you'll get a prompt to take the health assessment when you sign in.

What if I experience technical difficulty completing the assessment? Who should I contact?

If you have technical difficulties completing the health assessment, use the "Contact Us" link at the bottom of the Healthy Living page. If you have difficulty accessing Healthy Living online, call Portico's Customer Care Center at 800.352.2876 (M-F 7:30 a.m. – 6 p.m.).

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