

BUTLER UNIVERSITY HEALTHY HORIZONS PROGRAM

As faculty, staff members and employees of Butler University ("University"), you are eligible to participate in the Butler University Healthy Horizons Program ("Program"). The Healthy Horizons Program is sponsored by the University through the College of Pharmacy and Health Sciences Health Education Center ("Health Education Center"). The purpose of this Program is to promote healthful living by providing a comprehensive wellness package to you. This Program will assist you in improving your health, provide you with ongoing information and health education programs, help you lead a healthier life and stay well, and help you to identify your own health risks and ways to reduce these risks. The Healthy Horizons Program is not intended to replace your usual and appropriate medical care from your own physician or primary health care provider. It is intended to help you, with your physician's support, improve your health through education and activities that focus on healthy behaviors.

What Materials Will I Receive From the Healthy Horizons Program?

You will receive materials that provide you with information regarding the services available through the Healthy Horizons Program. These materials will include monthly health information and newsletters every two months.

What Does The Healthy Horizons Program Offer?

The Healthy Horizons Program is dedicated to improving the health and well being of Butler's faculty and staff by offering comprehensive and ongoing health risk assessments and health education programs. The Healthy Horizons Program services include the following:

- ♥ Health Risk Assessments and Screenings for common health conditions, including: high blood pressure, high cholesterol, diabetes, heart disease, obesity, osteoporosis, prostate, and lung disease.
- ♥ A Personal Health Portfolio will be provided to identify ways for improving your health and reducing your existing health risks.
- ♥ Health Education Programs that encourage healthy lifestyle choices such as regular exercise, quitting the use of tobacco products, stress reduction, and weight management.
- ♥ Interactive information sessions that will help you set personal health goals, introduce you to new ideas and activities, and assist you with incorporating changes needed to achieve your goals.
- ♥ Health information services that will assist you to better manage your health conditions and answer questions you may have about your personal health.

- ♥ Pharmacy Care Services, including:
 - ◆ One-on-one medication reviews to determine your risk for medication problems. Your medication profile will be checked for duplicate therapies, unwanted side effects, correct usage, and drug/drug, drug/food interactions.
 - ◆ Learn how to maximize your health care dollars by selecting the best health insurance plan that meets your needs and minimizes out-of-pocket medical and prescription expenses.
 - ◆ Nonprescription medication reviews and self-care consults. This includes information on possible side effects or drug interactions and advice for common self-care topics.

How Do I Begin Using The Healthy Horizons Program?

First, you will be asked to complete a series of questions regarding your health before completing the health screenings. This questionnaire will ask you about your current health habits, family health history, and other health information that determine your health risks.

Once you have completed the questionnaire and returned it to the Health Education Center, you will be scheduled to participate in a health assessment, which will be conducted by Health Education Center clinical pharmacy faculty and sixth-year pharmacy students (optional).

You will have the opportunity to participate in a series of screenings such as diabetes, cholesterol, heart disease, lung disease, body composition, blood pressure, and/or osteoporosis screenings. Before you participate in these screenings, you will need to complete a Butler University Health Education Center Screening Consent and Release Form. This will be provided to you when your health assessment is scheduled.

After your health screening is complete, you will receive a Personal Health Portfolio with the results of your screenings. Based on the information obtained during the health assessment process, the Health Education Center will advise you of your health risks and ways to reduce these risks.

Your Personal Health Portfolio will be provided to you at the time of your health screenings. The information it contains about you will be kept confidential at all times, and will only be shared with you. This Program complies with the privacy requirements of the Health Insurance Portability and Accountability Act.

Employee Awards Program

The Healthy Horizons Program will provide a number of incentives and rewards for participation. These rewards will vary and be announced to you in advance. For more information, contact the Health Education Center.

How Can I Use This Healthy Horizons Program To Benefit Me?

You may follow these steps:

- ♥ Identify your health risks by completing the Wellness Questionnaire, participating in the health assessment, and reviewing your Personal Health Portfolio which identifies your health risks.
- ♥ Set realistic health goals.
- ♥ Become better informed through the newsletter and health promotion sessions in order to apply these strategies and skills to achieve your health goals.
- ♥ Learn about and use appropriate health resources and support.
- ♥ Work with your primary health care provider to help you stay well and encourage your pursuit of better health.

INDY 1427236v4