

How healthy are we?

Boeing's online Health Assessment helps employees identify risks

By Ken Groh

For some of the more than 118,000 Boeing employees and spouses or their eligible domestic partners who completed the annual online Health Assessment last year, their personal results produced a sigh of relief—it confirmed good health. Others, however, viewed their results as a yellow traffic light, signaling they needed to take actions or change their lifestyles to reduce a potential health risk.

A few found the Well Being Online Health Assessment to be a lifesaver: Their individual results called for immediate action.

What did employees do with their personal results?

Many employees shared their results with their doctors, while others spoke with lifestyle coaches. Some also used their health care plans' website tools and resources to learn more about their health. Such actions today help employees live a healthier tomorrow.

What did Boeing do with the results? Under the federal Health Insurance and Portability and Accountability Act, Boeing cannot access individual results. However, the company does receive summary reports containing aggregated data, without any individual identification, to compare with national averages and to use in designing health-related resources for employees and their families.

The chart shows several key indicators from the summary reports that are often linked to preventable health risks. Employees can compare individual results to the summary and see how they measure up. For example, 79 percent of Boeing employees who completed a health risk assessment are not following nutritional guidelines on a regular basis. Some may be at risk later in life for health conditions related to poor eating habits. In this example, Boeing uses the summary results to create the right programs for helping those who want to take action for better nutrition.

This year's online Health Assessment is available from late October to Dec. 23. Employees can enter their health numbers obtained from on-site screenings or their most recent health checkup. Those nonunion employees enrolled in a Boeing health care plan who choose to complete the online Health Assessment before the deadline will avoid paying an additional contribution for their medical plans in 2012. The goal is for employees and their enrolled spouses or eligible domestic partners to know their results, be aware of any health risks, and seek appropriate medical care if their Health Assessments signal they need treatment.

Why is it important to complete the Health Assessment every year?

At Boeing, the health of employees and their families is a strongly held value. The few minutes employees spend completing the online Health Assessment can translate to days and even years of more enjoyable time with the people who matter most. ■

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Key indicators of healthy behaviors

Boeing results from last year's Health Assessments show four indicators that are often linked to preventable health risks.



Protecting personal health information

Employees who complete on-site screenings or annual physicals with their doctors have the results they need to complete the online Health Assessment. Individual results from the on-site screening and online Health Assessment are not shared with Boeing. The company does have access to aggregated information about health issues faced by all health care plan participants, and that data helps determine the specific tools, resources and programs employees need to make good health decisions.

New this year

When employees go online to complete the Health Assessment this year, they will use a University of Michigan questionnaire. The university has been at the forefront in developing the process for health assessments since 1978 and is one of the nation's leading research facilities studying the value of healthy lifestyles.

Boeing's health management supplier, OptumHealth, is a partner with the University of Michigan in identifying health risks and offering assistance to those who wish to improve their health. In all cases, both the University of Michigan and OptumHealth use the utmost security in handling health information and are bound by law to protect it.