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/LQGHQZRRG 8QLYHUVLW\ LV SOHDVHG WR FRQWLQXH RXU HPSOR\HH ZHO  
SURJUDP WKURXJK +HDOWK&KHFN 7KLV JXLGH ZLOO SURYLGH GHWDLO  
SURJUDP LQFOXGLQJ KRZ WR HDUQ PDLQWDLQ WKH ZHOOQHVV SDUWLFLS  
WKH PHGLFDO SODQ ZKDW DFWLYLWLHV FDQ EH VXEPLWWHG WR HDUQ U  
3ULGH 3RLQV DQG KRZ WR QDYLJDWH WKH +HDOWK&KHFN SRUWDO

+HDOWK&KHFN LV D ZHOOQHVV FRPSDQ\ GHYRWHG WR IPSURYLOI KHDO  
RYHUDOO ZHO EHLQJ +HDOWK&KHFN SURYLGHV \RX ZLWK WKH WRROV  
DQG VXSSRUW WR DVVLVW \RX DORQJ \RXU MRXUQH\ WR D KHDOWKLHU \R  
UHFHLYH D SHUVRQDOLJHG FRQILGHQWLDO UHSRUW \RXU KHDOWK VV  
ELRPHWULF VFUHHQLQJ +HDOWK&KHFN XVIV WKH VDPH FRQILGHQWLDO  
VWDQGDUGV DV \RXU GRFWRU )URP WKHUH \RX ZLOO KDYH DFFHVV WR  
FRDFKHV ZKR FDQ KHOS \RX OHDUQ PRUH DERXWDQ ZC•UV8 @``

D PRU PHRVV VXEPLQH\ VDQ DQG

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%LRPHWULF 6FUHHQLQJ (PSOR\HDQ\ FRP SOHWH WKH VFUHHQLQJ DW: DQNR&QVQZSHQ FOLQLF DW /DE&RUS RU ZLWK WKHLU SK\VLFLDQ , Qii6UPDWLRQ RQ VFKHGXOLQZVFOEHHQUGDWDVHG LQ WKH 8KQVLF)DQ	2Q 6L6FHUHHQ6EKNGE'OH iô
+HDOWK 6XUYH\ &RPSOHWH WKH VKRUW DQG HDV\ +& GDVKERDUG	6XUYHDQ EH FRP SOHWHG DW DQ\ WL GXULQJ WKH \HDU EXW PXXVW EH FR E\
/LIHVW\OH 5HZDUGV (DUQ D WRWDO RI /LIHVW\OH 5H	5HZDUGV FDQ EH FRP SOHWHG DW D GXULQJ WKH \HDU EXW PXXVW EH FR E\





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- 6HOHFW 5HZDUGV DW WKH ERWWRP RI \RXU VFUHHQ
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- 6HOHFW \RXU DFWLYLW\ IURP WKH GURS GRZQ PHQX
- 7\SH D EULHI DFWLYLW\ GHVFULSWLRQ HQWHU D GDWH DQG XSORDG D GRFXPHQW LI UHTXLUHG
- 6HOHFW \$GG WR VXEPLW \RXU DFWLYLW\

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- 6HOHFW \RXU DFWLYLW\ WKH WRS ULJKW RI \RXU VFUHHQ ZHEVLWH RU WKH PHQX LFRQ @ DW WKH WRS RI \RXU VFUHHQ DSS
- 6HOHFW QHFW \$SSV 'HYLFHV
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- 6HOHFW QG ORJLQ WR \RXU ILWQHVV DSS μ V DFRXQW

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NOTICE REGARDING WELLNESS PROGRAM

Lindenwood University sponsors HealthCheck360, a voluntary wellness program available to all employees. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease including the Americans with Disabilities Act of 1990, the Genetic Information N



## Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and Lindenwood University use aggregate information it collects to design a program based on identified health risks in the workplace, HealthCheck360 will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only individual(s) who will receive your personally identifiable health information is (are) employees of HealthCheck360 order to provide you with services under the wellness program.

In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records.

