

Welcome to the Drake Wellness Incentive Program!

The Wellness Incentive Program is an opportunity to take a proactive look at your health. The goal of the program is to offer services and information that will be valuable and rewarding to you and encourage healthy lifestyle habits. A summary of the Wellness Incentive Program is outlined below. If you have any questions after reviewing this material, please call the Wellness Center at 271-2027.

Annual Health Screen

The goal of the screening is to provide you with an increased awareness about your health. The health screen is not meant to take the place of your annual physical examination. The screening includes a health risk appraisal, blood lipid profile, blood pressure reading, body fat measurement, and a wellness consultation. By participating in the annual health screen, your medical contributions will be reduced.

How do I enroll?

Complete and submit a blue wellness enrollment form to Human Resources.

How do I schedule my screening appointment?

The screening is held on campus and offered on various days and times to accommodate your work schedule. You will receive a letter from the Wellness Center with scheduling information. A confirmation of your appointment time will be sent to you along with detailed instructions.

Who administers the screening?

Iowa Methodist Medical Center health professionals will take you through the screening components. The health professional will conduct a one-on-one consultation immediately following the screening to review the test results, answer questions, and recommend follow-up care if necessary.

I am concerned about confidentiality, who will see my results?

During the consultation, you will be asked if you would like to have your results released to your primary care provider and/or to the Wellness Center. This is completely voluntary and confidential. You will also be asked if you would like to receive a follow up phone call 60 days after the screening. The follow up call is to provide you with the opportunity to ask questions or receive additional information. You will also be asked to complete a Wellness Participant Information form. This form provides the Drake Wellness staff with medical information that is only used to ensure your safety within our programs.

Wellness Programs and Services

The Wellness Center offers a variety of individualized services as well as instructional programs. Please look for your wellness newsletter for more information.

Confidentiality Statement

All personal information is confidential and will require your written consent prior to any release of information. All individual information will be kept in the strictest confidence. The program will be constantly reviewed by the University Wellness Advisory Committee and the Faculty Senate Benefits Committee. The program has been approved for confidentiality by the Faculty Senate Human Subject Research Review Committee.