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# Wellness Works

## Getting a Handle on Your Health

Our health depends on many things - from the lifestyle choices we make on a daily basis to our family history. Other factors include the food we eat, whether or not we choose to drink alcohol or use tobacco, and how active we are. How we live accounts for more than half of the reasons why we get sick and contributes to how we die.

One of the best, first steps to maximizing your health is to complete a health assessment or health risk appraisal. The personal report you'll receive after completing an appraisal can confirm what you're doing right, and suggest simple changes that can improve your health. CIS makes it easy to complete a health assessment, simply visit [www.cisbenefits.org](http://www.cisbenefits.org). Click on the Open Enrollment button or click on either Regence or Kaiser, depending on what medical plan you are covered by, and proceed to the Health Assessment.

IT'S OPEN ENROLLMENT TIME!

NEW!

Need Help with Open Enrollment? Call  
**1-855-763-3829**

Complete the Health Assessment then take advantage of great wellness programs and resources available from CIS Healthy Benefits, Regence or Kaiser. Remember, when you complete the Health Assessment you're eligible to win one of 100 \$100 Visa Gift Cards.

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### Questions to Expect

You'll be asked to log in using either your Regence ID number or Kaiser ID number. Remember that your assessment is yours alone and is totally confidential.

### You'll be asked questions about your:

*Medical plan members 18 & older are encourage to complete a FREE Health Assessment.*

- Blood pressure
- Weight status
- Tobacco use
- Sleeping habits
- Family health history
- Cholesterol
- Physical activity level
- Alcohol use
- Stress
- Eating habits

### NEW!

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Sources:

\* Oregon Health Authority

\*\*Journal of American Medical Association

### DID YOU KNOW?

- Oregon's four leading causes of death – smoking, poor nutrition, physical inactivity, and high-risk alcohol use - are all preventable.\*
- People with healthier lifestyles live, on average, six to nine years longer than those with unhealthy lifestyles.\*\*
- Living a healthy lifestyle can prevent up to nine years of disability.\*\*

It's all about **TRUST.**

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