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**A Health Risk Assessment can literally change your life for the better.**

## Why Take a Health Risk Assessment (HRA)...

**A**s the old saying goes, “an ounce of prevention is worth a pound of cure.” That’s never been more true than it is today, especially when it comes to your health.

Catching health problems early—before they become bigger problems—can make a world of difference in your life. It can:

- Help you live a healthier, happier life
- Save you a lot of money by avoiding unnecessary medical bills
- Spare you a tremendous amount of pain and discomfort.

Preventive maintenance is something that we at Gulfstream understand. Our aircraft go through regular preventive checks to keep them safe to fly. And pilots and ground crews check our planes before every flight to ensure they are ready to go. It's the same with your body and your health—preventive medicine is vitally important and can help catch problems early.

A health risk assessment (HRA) is offered free to all Gulfstream employees. It’s simple, fast, and completely confidential. Most important, it could literally change your life for the better.



...because good health starts with good information.

# HEALTHYPARTNERS

## Jim Moriarty, Healthy Partner, Aircraft Coordinator, Savannah

Like most men his age, 35-year-old Jim Moriarty approached his first HRA in May 2007 with the utmost confidence that everything was fine and he was wasting his time. He was mistaken.

"My blood pressure was at pre-hypertensive levels," Jim stated. "My sodium was elevated, my LDL (the 'bad cholesterol') was too high and HDL (the 'good cholesterol') was very low." Although his total cholesterol was within normal limits and his blood pressure was not high enough to be treated with medication, Jim decided it was time to take charge of his health now, before matters progressed too far in the wrong direction.

With several health risks to address, Jim wisely made lifestyle changes over the course of many months. He used the prescription drug Chantix to quit smoking in August 2007, a huge step toward a healthier life. He completely eliminated salt from his diet, choosing to flavor his foods with the many salt substitutes available. His diet now includes plenty of fresh fruits and vegetables.

"I eat no fast food now," Jim said. "I used to be all about fast food. Every meal now has a vegetable." He also gave up all sodas, favoring more healthful beverages, including low-sodium

V8 juice. Jim experienced some weight gain after quitting smoking, but has been following a 2000-calorie diet to manage that, being more mindful of portion sizes.



Jim has also increased his physical activity, finding lots of ways to be more active at home – using the push mower and hand tools rather than power tools, walking the dog, etc. He's noted that he feels "pretty good" and actually sleeps much better now, too.

At Jim's second HRA in October 2008, his lab results showed improvement. His LDL has come down and HDL has increased. His blood pressure is somewhat lower, although Jim remarked that he has always suffered a little from "white-coat hypertension." He is careful to have his blood pressure monitored by his physician. With a family history of heart disease, he knows he has to stay focused. "I like to beat the odds," Jim declared.

Jim is committed to his new lifestyle and happy to share his story with others so that they'll find the motivation to make a few healthy changes of their own. Says Jim, "Gulfstream is a very supportive environment."



It's never too late to start on the path to a healthier life.

### What is an HRA?

An HRA is nothing more than an online questionnaire that asks you questions about your:

- Vital statistics (age, weight, blood pressure, etc.)
- General health habits (smoking, use of seat belts, driving habits, etc.)
- Exercise habits
- Nutrition habits
- Medical history (including family medical history).

At Gulfstream, taking an HRA is easy. Ideally, you'll start with a blood test (which could be as simple as a prick of your finger), have your blood pressure and other measurements (such as your weight) taken, get your results, and then enter your results into the questionnaire. The blood test is important because having the information it provides will help make your results more accurate and meaningful.

## KEEPING YOUR HRA INFORMATION CONFIDENTIAL

**The information you enter into an HRA is never seen by anyone at Gulfstream.** The only people who see your answers are individuals (e.g., medical professionals) from your health plan who may be able to provide information and assistance to help you with an issue.

By law (specifically the Health Insurance Portability and Accountability Act of 1996 or "HIPAA"), the information you enter into an HRA is known as "private health information" or "PHI" and is protected. No one from Gulfstream is permitted to have access to that information. This is one of the reasons our HRAs are done online. You enter the information yourself and that information goes right to your health plan. No one from Gulfstream is involved.

Gulfstream does receive aggregate reports, however, that point to health trends in our workforce. We use this information to develop programs to help our employees get and stay healthy. For example, when data showed increases in the rates of diabetes, asthma, high blood pressure, and high cholesterol among Gulfstream employees, we introduced a \$0 prescription co-payment for generic drugs used to treat these medical issues. This has helped employees improve their health, avoid more serious health problems, and save on their costs of health care.

## HRAs—Helping to Catch Problems Early

The beauty of an HRA is that it can help catch health problems in their early stages or help avoid certain health problems altogether. Many Gulfstream employees have found this to be the case.

For example, more than 250 Gulfstream employees have taken HRAs and found that their blood sugar had risen to a point where they could be classified as either “pre-diabetic” or “diabetic.” This is not surprising. According to the American Diabetes Association, one in four Americans who have diabetes don’t even know that they are diabetic!

The statistic is scary, as diabetes can slowly cause damage to many parts of your body because it weakens the walls of your blood vessels. Mild complications of diabetes include dry and itchy skin, mild gum disease, a tendency to be more susceptible to colds and flu, and in women, yeast infections.

The more serious diabetes complications are eye disease (including loss of eyesight), kidney disease, nerve disease and heart disease.

HRAs have also been helpful in identifying high blood pressure in more than 1,400 Gulfstream employees. High blood pressure is often known as the “silent killer” because about one-third of people who have it don’t know it. They find out their blood pressure is high only when they have a heart attack or stroke, both of which could be fatal. People who have high blood pressure and treat it may significantly lower their chances of heart attack or stroke.

Simply put, an HRA can be a lifesaver! HRAs can help identify areas where you have medical issues or where medical issues are likely to surface down the road. By knowing what’s going on, you can take the steps necessary to address these issues and lead a healthier, more productive, and longer life!



## Simply put, an HRA can be a lifesaver!

### How You Take an HRA

Taking an HRA is relatively quick and easy. It takes just a few minutes, but the help and insight it provides can last you a lifetime!

Here's what you do. You will be given a website address to visit. When you go there, you can either sign in (if you've visited before and registered) or you will be asked to register if you're visiting for the first time. Once you've signed in, you should see a welcome page. Look on the welcome page for something that says “Take a Health Assessment.” Just click on that and you'll be on your way!

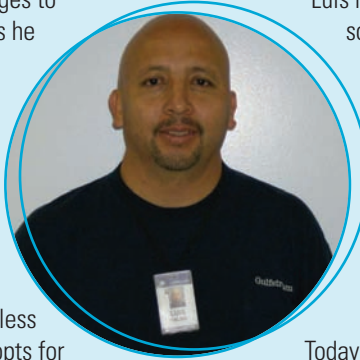


## HEALTHYPARTNERS

### Luis Palma, Healthy Partner, Senior Interior Mechanic, Long Beach

Luis took the HRA in July of 2008. At the time, he weighed 206 pounds and was nearing his 40th birthday. He was concerned to learn that his total cholesterol was 261 and decided to take action to lose weight and lower his cholesterol. Luis sought the assistance of Pat Tomlin, RN, at Gulfstream Long Beach, who was happy to supply him with information on healthy nutrition.

This has meant making big changes to his eating habits. Luis confesses he used to join his friends in the cafeteria every morning before work to eat two Egg McMuffins with bacon. Now he has oatmeal with fruit instead – and he’s actually beginning to enjoy its warm goodness. Lunch used to consist of burgers, Chinese food, pizza, and the endless array of fast food, but today he opts for chicken or turkey sandwiches on wheat bread.



Luis’ wife, Armida, has begun to cook healthier dinners for the family. Luis admits that, in the past, he didn’t appreciate Armida’s attempts at healthy meal preparation, but now the family has limited red meat to once a week, enjoying more chicken, fish and turkey, and lots of vegetables and salads. Luis also says he’s cut his portions in half, recognizing he used to eat much more than he needed.

Luis has a 16-year-old, basketball-playing son. Four days a week, he joins his son to shoot hoops—a real workout! He says he feels a lot better and has much more energy. The whole family is getting into the active act, too. Recently they adopted a new dog, and wife Armida has taken on the responsibility of taking him on his frequent walks.

Today Luis is excited to proclaim the benefits of a healthy lifestyle for his family. Both he and his wife have lost about 20 pounds each and feel healthier and more vital. Just as important, his total cholesterol has dropped from 261 to 169!



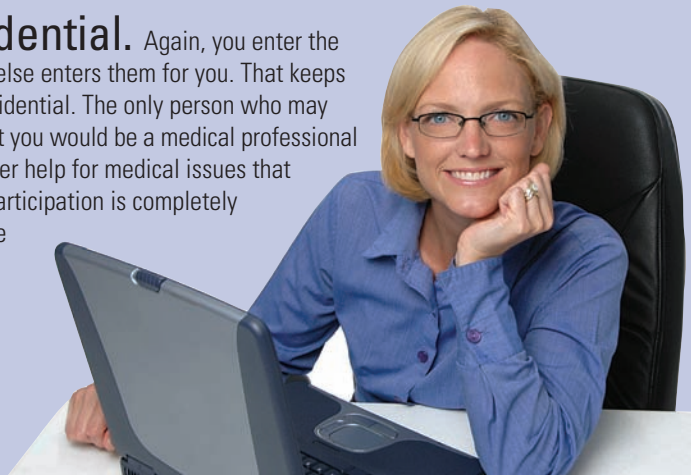
Fast.  
Accurate.  
Confidential.

## TAKING AN HRA ONLINE

[www.partners2health.com](http://www.partners2health.com)

Our HRAs are now conducted online. You simply log in and complete the HRA. Here’s why we now complete HRAs online (instead of on paper):

- 1. It’s faster.** Not only is the data entered only once (by you), you get results much faster—no waiting!
- 2. It’s more accurate.** When you’ve taken an HRA on paper in the past, someone still had to take your answers and enter them into a computer for you. So your answers were still computerized and someone else saw your answers. Plus, the person could have entered one or more of your answers incorrectly. When you take an HRA online, no one but you inputs your answers.
- 3. It’s more confidential.** Again, you enter the answers yourself — no one else enters them for you. That keeps the whole process more confidential. The only person who may see your answers and contact you would be a medical professional from your medical plan to offer help for medical issues that are noted in the HRA. Your participation is completely voluntary and you can decline any help that’s offered.





An HRA is nothing more than an online questionnaire.

## What Gulfstream Employees Have Learned Through HRAs

In the past two years, thousands of Gulfstream employees have taken HRAs. Here are some results:

# 39%

had issues with levels of cholesterol in their blood

# 12%

had issues with the amount of glucose (sugar) in their blood

# 66%

had issues with their blood pressure

# 70%

were either overweight or obese

As the saying goes, “good health starts with good information.” With this kind of information in hand, many employees have been able to embark on programs or life changes to stop or reverse medical problems. The result? They report being happier and healthier. We’ve identified some of these individuals in this newsletter. Read their stories and see how easy it is to get going and what it could mean for your life.

How about you? Do you know your blood pressure? Your cholesterol? Do you have an annual physical? Could you afford to shed a few pounds? If you haven't taken an HRA, you may be one of the statistics above and not even know it!

It's never too late to start on the path to a healthier life. And an HRA is a great way to get going. Let's face it: you are better prepared to reach a destination when you know where you're starting from in the first place.

## HEALTHYPARTNERS

### Tye Browning, Healthy Partner, Tool Crib Attendant, Brunswick

Anyone who thinks they're too young to worry about taking an HRA hasn't met Tye Browning. At age 27, he's a believer, because the HRA he took last fall changed his life. Before taking the HRA in October of 2007, Tye didn't realize how great an impact his lifestyle choices made on his health and the future quality of his life. After taking the HRA, he was determined to make changes.

The first step: quit smoking. Tye chose Halloween as his quit date so he would have “an unlimited supply of Dum-Dums” available to help with his cravings. Tye is grateful to Gulfstream's coverage of Chantix to help him accomplish this. Tye admits the hardest part was breaking the habit of smoking; he's had to change his routines altogether to avoid triggers.

Next step: start exercising. Tye began a walking program, sensing the physical activity would help clear his lungs and distract him from nicotine

cravings. He was also dissatisfied with his weight; his largest-sized clothes were uncomfortably tight. He started out walking the 1 ½ mile course, and then jogging partway and walking the rest. Now he runs all the way.

Running has become an important part of his life – he wants to run a marathon one day, something he could never have done as a smoker.

A year later, at his second HRA, Tye was excited to review his lab results. There were big changes. Tye's total cholesterol went from last year's 194 to 155 and his LDL from 131 to 90. He's been tobacco-free for a year, is back in his size 34 pants, and life is good.

Tye believes he's setting a good example for his two young children. “If you're in poor health, you're depriving your family,” he stated. “I feel SO much better about myself.”



## Getting Your Results

After you have completed the questionnaire (it should take about 10 to 15 minutes), you will receive a report that:

- Outlines your health risks
- Provides recommendations on how you can address those health risks and improve your health

You can use this report to start you on your way to an even healthier life. You should also make a copy of your report, share it with your family doctor, and discuss the results.



An HRA is **simple, fast,**  
and completely **confidential.**

## Don't Put it Off—Do Your HRA Today!

If you've not completed your HRA for this year, there's no better time than **RIGHT NOW** to take yours. Just visit the following Web sites corresponding to the medical coverage you have.

If Your Coverage Is With	Visit this Web site:
Aetna POS	<a href="http://www.simplestepslife.com">www.simplestepslife.com</a>
CIGNA	<a href="http://www.mycigna.com">www.mycigna.com</a>
Gulfstream Medical Plan or CBCA/Anthem	<a href="http://www.hfit.com/hfce/gulfstream">www.hfit.com/hfce/gulfstream</a>
Kaiser	<a href="http://www.kp.org/healthylifestyles">www.kp.org/healthylifestyles</a>
Network Health or PacifiCare	<a href="https://healthAtoZ.myuhc.com/portal/bridge/generaldynamic">https://healthAtoZ.myuhc.com/portal/bridge/generaldynamic</a>
United Health PPO	<a href="http://www.myuhc.com">www.myuhc.com</a>



"Partners 2 Health" is the companywide initiative for employees and their families to work together with Gulfstream to achieve a healthy life and reduce healthcare costs. Under this partnership, Gulfstream will supply the resources (medical plans and health-related information) and families will make informed decisions (taking into consideration that health guidance) to maintain or improve their health. In addition to substituting for the preposition "to" ("Acting as partners will lead to better health"), the "2" signifies the two partners (employees and Gulfstream) and the two phases (short-term and long-term) of everyone's health. Additionally, the "2" represents the two goals of the initiative — the primary goal of better health and the secondary goal of lower healthcare costs.