

Kate Brown, Governor

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Dear Members,

We're committed to providing opportunities that support and reward you on your journey to better health. We're excited to announce a new tool, *WholeLife Scale*®, to bring awareness to your current health status.

WholeLife Scale is an emotional wellness survey to learn more about yourself, including areas where you might be able to make some positive changes. This is a completely new tool from Cascade Centers, our employee assistance program – nothing like this currently exists!

We're joining with Cascade Centers to pilot *WholeLife Scale*. We're confident that participating in this initial pilot can positively influence your well-being while it helps to validate the use of *WholeLife Scale* as part of holistic wellness programs.

We're so enthusiastic about the potential for *WholeLife Scale*, just completing it counts as **2 Health Actions** for current Health Engagement Model (HEM) participants!

Frequently Asked Questions:

Why should I participate in *WholeLife Scale*? We want to strongly encourage you to participate in this program to bring awareness to your current health status. You will receive confidential personalized recommendations based on your unique answers.

Plus, it works as 2 HEM Health Action!

Will my results be kept confidential? *Of course.* Your health is personal – and we understand that. Your individual results will never be shared with your employer or anyone else. Your information is protected in accordance with all applicable privacy laws. PEBB may receive a report of de-identified aggregate results so that we can evaluate our current wellness programs and look for new ways to enhance your wellness benefits in the future.

How long will *WholeLife Scale* take? *WholeLife Scale* will take approximately 10-15 minutes to complete. You can stop, save your results and return to complete it later.

Register to use *WholeLife Scale* here: <https://bhra.personaladvantage.com> (use PEBB as the employer name). You can log in to complete *WholeLife Scale* right away or log in when time allows. The pilot is available for four weeks – through July 25.

We'll be sending reminder e-mails in coming weeks with the subject "PEBB *WholeLife Scale*." Each one will include informative facts and motivational messages.

Thank you in advance for taking advantage of this exciting new benefit and participating in this healthy-living initiative!

Sincerely,

Mark Fairbanks, PEBB Chair, and Shaun Parkman, PEBB Vice Chair