**eCheckUp FAQ’s**

***How does eCheckUp ensure anonymity?*** All eCheckUp responses are held by the program’s host, SanDiego State University. They do not share any individual answers with Healthy Lamoille Valley or their affiliates. The only information that Healthy Lamoille Valley sees is your contact information to notify you if you win one of the drawings. This information is held in strict confidence by HLV Staff.

***Will Healthy Lamoille Valley use my information for anything other than notifying me if I win****?* Healthy Lamoille Valley will not sell/share your contact info or use it for organizational purposes. We will not add you to our mailing list unless you request that independently.

***How old do I need to be to take the eCheckUp survey?*** Anyone may use the eCheckup tool. However to win a promotional prize, you must to be 18 years old or older. You will be asked for proof of your age to receive a raffle prize.

***Is anyone excluded from eCheckUp****?* Anyone may use eCheckUp, except employees of Healthy Lamoille Valley and the Lamoille Family Center are not eligible to win prizes.

***How long will it take to do the eCheckUp survey?*** eCheckUp is one of the shortest comprehensive self-assessment tools and will take, on average,15-20 minutes.

**Can I view my personal results and resources after I leave the assessment?** Yes, each user is issued an individual user number that allows them to revisit their results. Just be sure to record it at the beginning.

***Can I use eCheckUp with my employees?*** Yes, Healthy Lamoille Valley works with local employers to offer eCheckUp as part of a business’s employee orientation or wellness plan.

***How often can I enter to win an eCheckUp promotion?*** You may enter each promotion once, but may only win once in a calendar year. Healthy Lamoille Valley will automatically enter you in each of the drawings for that calendar year unless you have been a winner in the last 12 months.

***What do I do if eCheckUp is not responding or I have further questions?*** We do not anticipate this to be a problem, but the internet is sometimes unpredictable. Please contact: [jessica@healthylamoillevalley.org](mailto:jessica@healthylamoillevalley.org) or (802) 730.6599

***What is Healthy Lamoille Valley?*** Healthy Lamoille Valley is a community-based prevention coalition serving the Lamoille Valley. HLV conducts grant funded population-level prevention initiatives with community partners to improve the health and well-being of people in the community. Funds are provided by the VT Department of Health. Visit healthylamoillevalley.org to learn more.