

## Frequently Asked Questions

### 1. Who is eligible to participate in the wellness screening?

All City of Bryan employees who are enrolled in the City's health insurance plan are eligible to participate in the screening.

### 2. What is a Health Risk Assessment (HRA) and Biometric Screening?

A health risk assessment is a wellness related questionnaire. Your answers are confidential and result in a personal wellness profile only you will see. Your wellness report will identify your strengths and weaknesses and provide suggestions for improvement. The biometric screening is a part of our wellness program which measures your blood pressure, cholesterol levels, blood glucose levels, height and weight.

### 3. How do I participate in the program?

Prior to the City of Bryan's annual open enrollment period, you will have the opportunity to complete your assessment and biometric screening in order to receive the discounted premium for the next plan year. You may complete the assessment and screening through your primary care physician, on-site at various worksite locations or through the City of Bryan Employee Health Center. You will be required to follow-up with a medical provider in order to be enrolled in the Healthy Lifestyles Program if one or more of your screening results are abnormal; however, you may not be disqualified from the program due to an existing health condition. The guidelines are listed below.

Follow-up is required if your:

- Total cholesterol level is 200 or higher
- Fasting blood glucose level is 100 or higher
- Triglyceride level is 150 or higher
- Blood pressure is greater than or equal to 140 (systolic) and/or greater than or equal to 90 (diastolic)

### 4. How do I prepare for this screening?

You will need to complete the online health risk assessment or scantron form before having the screening done. You must fast for approx. 12 hours (no food or drink except water) prior to this appointment. You are encouraged to drink water to prevent dehydration and to take your medications with water as well.

### 5. Is my wellness screening information confidential and private?

Absolutely! You will receive a copy of your individual results, but the City only receives aggregate data and meets/does not meet criteria (with authorization). This general data will be used to develop focused wellness education resources.

### 6. What is the incentive for participating in the health assessment program?

Employees who complete the assessment program, including initial screening and any required follow-up with a medical provider, receive our "Healthy Lifestyles Insurance Premiums." This rate is currently \$100 less than that of a non-participant.