

COMPLETE YOUR HEALTH RISK ASSESSMENT & BIOMETRIC SCREENING BY NOVEMBER 11, 2016



Health Risk Assessment and
Biometric Screening-*Retiree*
(2 step process)

FAQS

Who is eligible to participate in the health assessment and biometric screening program?

All City of Bryan employees and retirees enrolled in the City of Bryan's health plan.

What is a Health Risk Assessment?

A health risk assessment is a questionnaire used to provide individuals with an evaluation of their health risks and quality of life.

What is a biometric Screening?

A biometric screening is a quick and easy check-up with a certified medical professional that helps evaluate your health and pinpoint issues before they become detrimental. The screening takes just a few minutes and includes height, weight, blood pressure, total cholesterol, LDL, HDL, triglycerides, and glucose levels.

How do I participate in the program?

Each year the health assessment and biometric screening (Step 1 & 2) will be offered prior to the City's Open Enrollment period. If you would like to receive the "Healthy Lifestyle" health insurance premium, you must complete the screening each year. In order to receive the lower premium rate, you will be required to follow-up with a medical provider if one or more of your values returns abnormal. Follow-up is required if your:

- Total cholesterol is 200mg/dL or higher
- Fasting blood glucose level is 110mg/dL or higher
- Triglyceride level is 150mg/dL or higher
- Blood pressure is greater than or equal to 140mmHg and/or greater than or equal to 90mmHg

Is my wellness screening information confidential?

Absolutely! You will have access to your personalized wellness report while Risk Management Staff only receives aggregate data along with a Pass/Fail status on each participant.

How do I prepare for the screening portion?

In order to get the most accurate results, you must fast for approximately 12 hours (no food or drink, except water) prior to your blood draw. You are encouraged to drink plenty of water to prevent dehydration. If you take medications, please take them with water prior to your screening.

What if I recently had a visit with my medical provider and the required tests were completed, can I utilize them for the purpose of the wellness program?

If the tests were completed July 1, 2016 or after they will be accepted for the 2017 Plan Year incentive. Your provider will need to complete the enclosed "Medical Provider Screening Form." An actual copy of your labs is not required this year. If you begin the process by seeing your own provider and submit all necessary paperwork, you will not be asked to follow-up.

What if my physician's office charges to fill out the form to provide my biometric screening results?

Because the screening form only requires eight values, most offices will not charge to transfer patient results; however, if your provider's office submits a charge for completion of the form, these charges will not be paid by your health plan. You will be responsible for any charges submitted for completion of the form.

See reverse side for step-by-step instructions on how to participate! 

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How do I complete the Health Risk Assessment portion? (Step 1)

There are two options for completing the questionnaire portion. Please choose one option (Online or Scantron).

Option 1: Online Portal The easiest and most convenient way to answer the questionnaire. Follow these steps.

- Log on to <http://wellness.bryantx.gov/>.
- Click on the "Healthy Lifestyles" tab at the top of the page.
- Click on "Take my assessment online."
- If you created a username and password last year, enter these into the appropriate fields.
- If you did not create a profile last year, you may click on "I don't have an account: Sign up" to create an account.
- If you need log-on assistance, please call the Employee Health Center at 821-7690.

Option 2: Scantron Form Complete the questionnaire via scantron form using a No. 2 pencil. Leave the height, weight and blood pressure portion blank. These values will be taken during your biometric screening. The "Personal ID" is your Social Security Number (no dashes) and the "Group ID" section can be left blank. The questionnaire should be done prior to your biometric screening.

How do I complete the Biometric Screening portion? (Step 2)

There are three options for completing the screening portion. Please choose one option.

Option 1: Onsite Staff from CHI St. Joseph Health will be onsite at various city locations during the month of October to perform screenings. Please see enclosed onsite screening schedule. Contact Lesley Ward at lward@bryantx.gov or call 209-5050 to schedule an onsite appointment.

Option 2: City of Bryan/BISD Employee Health Center Call the City of Bryan/BISD Employee Health Center at 821-7690 to schedule an appointment to have your screening completed. You must have an appointment at the Center— **NO WALK-INS FOR WELLNESS SCREENINGS!**

Option 3: Utilize your Primary Care Physician (PCP) If you regularly see an outside medical provider, call to schedule an appointment to have the screening done through his/her office. Keep in mind you will be responsible for any co-pay, co-insurance or deductible associated with the visit. You will need to have your provider complete the enclosed "Medical Provider Screening Form" with his/her signature included. An actual copy of your labs is not needed this year; however the labs must be done July 1, 2016 or after to count for the 2017 Plan Year incentive. If you begin the process by seeing your own provider and submit all necessary paperwork, you will not be asked to follow-up.

ALL Wellness Program Participants must complete the Authorization for Release of Protected Health Information Form. This allows CHI St. Joseph Health to notify Risk Management that you have completed the program. Risk Management only receives a Complete/Incomplete status on you.

Once you have completed both the questionnaire and screening portion, return your self-addressed, white envelope:

Mail to : City of Bryan/BISD Employee Health Center
2308 E. Villa Maria, Suite 100
Bryan, Texas 77802

In Person to: City of Bryan Risk Management
300 S. Texas Avenue
Bryan, Texas 77805

OR

If you are required to follow-up due to one or more of your values falling outside the established parameters, you will have until Tuesday, December 13th to do so. Your return packet will have clear instructions on what you need to do in order to receive the discounted premium, so please check your packet when it is returned to you. Failure to follow-up in a timely manner will result in you having to pay the standard premiums.

The City of Bryan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees enrolled in the City's health insurance plan. If you think you might be unable to meet a standard for a reward under this program, you might qualify for an opportunity to earn the same reward by different means. Contact Risk Management at 979-209-5050 and we will work with you (and, if you wish, your physician), to find a program with the same reward that is right for you in light of your health status.

If you have questions regarding the health assessment process, please contact
Risk Management at 979-209-5050.