

2020 BIOMETRIC SCREENINGS

Frequently Asked Questions

- QUESTION:** I don't like being forced to go to a doctor or required to get the Biometric Screening. How can I get out of it?

ANSWER: The Biometric Screening and Preventative Wellness Exam are **NOT** mandatory or required for employment. Each is optional. However, to qualify for the Wellness Reward of \$900, you need to get your Annual Preventative Wellness Exam from your Primary Care Provider (PCP), take and successfully pass the Biometric Screening or its alternative qualifier(s), and complete the online Health Risk Assessment (HRA).
- QUESTION:** I had my Annual Preventative Wellness Exam on October 26, 2019, so will Cigna pay for my exam if I go between July 1st and October 23rd which is technically less than a year?

ANSWER: Cigna is on a fiscal calendar of July to June, so July starts a new insurance year. If your last exam was in February, for example, technically you could get your next medical checkup on July 1st. So yes, Cigna will pay for your Preventative Wellness Exam if it's between July 1 and October 23, 2020.
- QUESTION:** Where do I go for my Annual Preventative Wellness Exam? How do I schedule this?

ANSWER: Your Annual Preventative Wellness Exam must be performed by your doctor or PCP or can be done at Five Points Medical Center. To schedule, you will need to call your doctor or PCP to make an appointment. Your PCP visit must occur between July 1st and October 23rd.
- QUESTION:** How do I prepare for my Preventative Wellness Exam?

ANSWER: On the day of your exam, drink plenty of water and continue to take all medications as prescribed by your doctor. If you have any questions regarding your medications, please consult your doctor or pharmacist. **Fasting is recommended!**
- QUESTION:** I am pregnant so what do I do for my waist circumference?

ANSWER: Pregnant (and post-natal six months) employees are exempt from the waist circumference standard and only need to pass 3 out of 4 remaining standards to qualify.
- QUESTION:** Can I do my Biometric Screening during work hours on "*County time*"?

ANSWER: You may do your on-site Biometric Screening during "*work time*" as long as you get permission from your supervisor in advance. However, you may NOT use "*County or work time*" to visit your PCP for your Preventative Wellness Exam.
- QUESTION:** I am enrolled in the Health Coaching program and need to meet with my Health Coach several times during the year. Can I do these meetings during work hours on "*County time*"?

ANSWER: No. You need to use your PTO (*Paid Time Off*), accrued leave time, go during lunch-time, OR when you're off work for your Health Coaching meetings.

2020 BIOMETRIC SCREENINGS

Frequently Asked Questions

8. **QUESTION:** Am I eligible to take the Biometric Screening?
ANSWER: Only full-time employees who currently have Cigna health insurance through the County may take the Biometric Screenings.
9. **QUESTION:** What is the Health Risk Assessment (HRA) and how do I take it?
ANSWER: The HRA can be accessed through a portal link starting August 3, 2020.
10. **QUESTION:** I have Aflac Accident and Aflac Critical Illness and understand that I am eligible for a benefit check if I participate in the Biometric Screenings. How do I get the benefit check?
ANSWER: If you participate in the 2020 Biometric Screenings your name will automatically be filed directly with Aflac so that you can receive your benefit check in the mail. Your benefit check is as follows if you have these policies – **Accident Policy \$60; Aflac Critical Illness Policy \$100.**
11. **QUESTION:** Can I change any of my HRA values once I complete it? What if my bodyweight changes after I input my HRA values?
ANSWER: Your HRA answers are set once you complete it. However, the Biometric Screening information will override any inputted HRA values. In other words, the official BP, waist circumference, hemoglobin A1c, and blood lipid values on your HRA are ultimately determined by the screening results from your doctor or health screening. I recommend that you complete your HRA close to the time you visit your PCP.
12. **QUESTION:** How is cholesterol ratio determined?
ANSWER: Your cholesterol ratio is calculated by total cholesterol divided by HDL (good cholesterol). Your ratio should be less than or equal to 5.00 to qualify for the Wellness Reward.
13. **QUESTION:** What about my privacy? How will you protect my personal health information?
ANSWER: Any and all personal health information gathered during the Annual Preventative Wellness Exam, Biometric Screenings, and Health Coaching is protected by federal and state laws including the Health Insurance Portability and Accountability Act (HIPAA).
14. **QUESTION:** Is it ok to use a PA-C or Nurse Practitioner for the Annual Preventative Wellness Exam or does it need to be an MD.?
ANSWER: You may get your Annual Preventative Wellness Exam done by a nurse practitioner or a PA-C. They are both supervised by the resident MD.

2020 BIOMETRIC SCREENINGS

Frequently Asked Questions

15. **QUESTION:** Can I use my OB/GYN for my Annual Preventative Wellness Exam?

ANSWER: Yes.

16. **QUESTION:** What is the difference between the Annual Preventative Wellness Exam and the Biometric Screening?

ANSWER: The Annual Preventative Wellness Exam is a comprehensive and preventive examination done by a Primary Care Provider (PCP) typically on a yearly schedule. This examination usually includes: patient history and review, routine blood panel (CBC), vital signs, skin check, urinalysis, breathing assessment, joint reflex, and possible additional tests like mammography, colon screening, prostate cancer screening, and bone density screening. On the other hand, the Biometric Screening involves measuring waist circumference, cotinine screening, lipid and A1c screening for the purpose of determining qualification for the County's Wellness Reward.