

IMPORTANT BIOMETRIC SCREENING INFORMATION

STEPS TO EARNING THE WELLNESS REWARD

- 1. STEP ONE:** Visit your Primary Care Provider (PCP) for your **Annual Preventative Wellness Examination** between July 1, 2020, and October 23, 2020, to get your total cholesterol and hemoglobin A1c levels, your blood pressure, and complete your *Annual Preventative Wellness Examination*.
- 2. STEP TWO:** Get your PCP to complete and sign the shaded section of the *2020 Annual Preventative Wellness Examination* form during your visit. Forms are available on Randnet and attached to Weekly Wellness Tips.
- 3. STEP THREE:** Bring your **signed** *Annual Preventative Wellness Examination* form along with your printed hemoglobin A1c, cholesterol, and blood pressure results from your PCP to any Wake Forest Baptist Health (WFBH) screening station at RCOB or DSS between August and October 2020. See Randnet or Weekly Wellness Tips for screening dates and times.
- 4. STEP FOUR:** When you drop off your signed form along with hemoglobin A1c, cholesterol, and blood pressure results at your Biometric Screening, your waist circumference and cotinine will be measured by a WFBH professional.
- 5. STEP FIVE:** Complete the online Health Risk Assessment (HRA) by October 30, 2020. **Completion of the HRA is *REQUIRED* for earning the Wellness Reward.** Click [HERE](#) to complete HRA.
- 6. STEP SIX:** Check your HRA portal by November 20th to make sure all your Biometric Screening information is uploaded and correct. If any of your information is incomplete or incorrect, email rcgwellness@wakehealth.edu. If you plan to enroll in Health Coaching for your alternative qualifier, all paperwork must be completed and submitted to Prevo Wellness by November 24th.
- 7. STEP SEVEN:** Check your December 15, 2020, paycheck to verify that you are receiving your 2021 Wellness Reward. If you are not receiving your Wellness Reward in your paycheck, please email Sam Varner (sam.varner@randolphcountync.gov). After January 16, 2021, no changes can be made in the Wellness Reward status.

All screenings must be complete and ALL biometric information must be received by Wake Forest Baptist Health by 2:00 p.m. on October 30, 2020.

*To receive the Wellness Reward, you must pass at least 4 out of the 5 Health Screening Standards or their alternative qualifiers **AND** complete the online HRA. The Wellness Reward is valued at \$900 or \$75/month for one year and will be reflected in your paycheck starting December 15, 2020.*