



FREQUENTLY ASKED QUESTIONS ABOUT THE HEALTH RISK ASSESSMENTS (formerly PHAs)

Q. What is the Health Risk Assessment (HRA) Program?

- A. The Health Risk Assessment Program includes:
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| 1. Completion of Online Questionnaire (Healics) | <i>(available now)</i> |
| 2. Completion of Biometric Screening | <i>(June 12th through July 13th 2017)</i> |
| 3. Completion of Report Delivery with Health Coach | <i>(July 17th through August 17th 2017)</i> |
| 4. Wellness Certificate for Preventive Health Services | <i>(deadline date: Friday, September 29th 2017)</i> |

Q. What information is collected during the biometric screening?

- A. You complete an online questionnaire which covers topics related to lifestyle habits, general health and safety, readiness to improve and program interest prior to your scheduled worksite health screening. At your screening, an examiner will take your physical measurements and a blood sample. Completed questionnaires and blood sample results are sent to Healics. The data is entered into Bellin and Healics database. Individual reports are printed and mailed to your home.

Measurements Taken:

- Height
- Weight
- Waist Size *(new this year)*
- Blood Pressure

Laboratory Analysis:

- Total Cholesterol
- HDL (good cholesterol)
- LDL (bad cholesterol)
- Triglycerides
- Glucose
- Nicotine
- Various Liver Function tests

Q. If I participate in the Personal Health Assessment, how will it affect me and/or my family?

- A. The Board of Education will implement the following premium cost share structure percentages for the 2018-2019 school year:

<u>Type of Plan</u>	<u>Employee Premium Share <i>w/out</i> Assessment effective 2018-2019</u>	<u>Employee Premium Share <i>with</i> Assessment effective 2018-2019</u>
Family Health	12.6%	5%
Single Health	12.6%	0%

Q. What are all the steps I must complete in order to qualify for the premium share discount? If you have a spouse on the health plan your spouse will be required to complete all of the steps.

- A. Criteria for Personal Health Assessment Program to receive premium share discount includes:
1. Completion of the Online Questionnaire (Healics)
 2. Completion of Biometric Screening
 3. Completion of the Report Delivery (Face-to-Face review of results with Health Coach)
 4. Wellness Certificate for Preventive Health Services verification



Q. What if I miss scheduling my HRA screening during the established Onsite Clinic dates?

A. If you are unable to make any of the established HRA screening dates in June and July at the Onsite Clinic, you can schedule at the Bellin HRA Clinic located on 2020 S. Webster Avenue in Green Bay. Scheduling instructions are included in this mailing. You will need to complete a Paper Questionnaire upon arrival. You must complete your HRA screening in June or July.

Q. I have WEA Trust as my secondary insurance. Do I still need to participate in the Health Risk Assessment Program?

A. Yes. If you have WEA Trust as your secondary insurance you will need to participate in all four steps of the Health Risk Assessment Program.

Q. I am pregnant or breastfeeding. What do I need to complete in order to qualify for the premium share discount?

- A. 1) You will be exempt from participating in the biometric screening, online questionnaire and reviewing the results however you **MUST** complete the Wellness Certificate to qualify for the wellness incentive.
2) You will **NEED** to contact the Health and Wellness Onsite Clinic Care Team at wdpsdcareteam@bellin.org if you **do not** plan to participate. You will not affect the District's participation rate negatively.

Q. I have a serious health condition or disease. What do I need to complete in order to qualify for the premium share discount?

- A. 1) You will be exempt from participating in the biometric screening, online questionnaire and reviewing the results however you **MUST** complete the Wellness Certificate to qualify for the wellness incentive.
2) You will **NEED** to contact the Health and Wellness Onsite Clinic Care Team at wdpsdcareteam@bellin.org if you **do not** plan to participate. You will not affect the District's participation rate negatively.

Q. If my spouse completed a biometric screening with Healics at their employer; can these results be used as a substitute for their biometric screening?

A. Yes. Results can be duplicated if your spouse's employer used Healics within the past year. You will need to contact Molly Babbitts at Molly.Babbitts@bellin.org to have results duplicated.

Q. I recently had blood work completed at my doctor's office. Can these results be used as a substitute for my biometric screening?

A. No. You must participate in the Health Risk Assessment Program.

Q. I completed a Wellness Certificate last year. Do I need to complete another Wellness Certificate for this school year?

A. Yes. You will need to complete a new Wellness Certificate this school year and have your doctor sign.

Q. I am getting married this summer; will my future spouse need to participate in the Health Risk Assessment Program?

A. Yes. If your spouse is enrolling in the health plan and you are getting married before September 1, 2017 they will need to complete the Health Risk Assessment program