



## FREQUENTLY ASKED QUESTIONS ABOUT THE PERSONAL HEALTH ASSESSMENTS

### Q. What is the Personal Health Assessment (PHA) Program?

A. The Personal Health Assessment Program includes:

1. Completion of Biometric Screening  
*Deadline date for the Biometric Screening: Friday, September 11, 2015*
2. Completion of the Online Questionnaire
3. Review Results with onsite health coach
4. Wellness Certificate for Preventive Health Services verification  
*Deadline date for all four steps: Friday, October 2, 2015*

### Q. What information is collected during the biometric screening?

A. The self-reported questionnaire covers topics related to lifestyle habits, general health and safety, readiness to improve, and program interest.

#### Measurements taken at the time of the blood draw include:

- Weight (shoes off)
- Height (shoes off)
- Body Fat Percentage
- BMI (Body Mass Index)
- Blood Pressure

#### Laboratory Analysis:

- LDL (Low Density Lipoprotein)
- HDL (High Density Lipoprotein)
- Triglycerides
- Total Cholesterol
- Cholesterol/HDL Ratio
- Blood Sugar
- Nicotine

### 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 2016-2017 school year:

<b>Type of Plan</b>	<b>Employee Premium Share <u>w/out</u> Assessment effective 2016-2017</b>	<b>Employee Premium Share <u>with</u> Assessment effective 2016-2017</b>
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 the steps.

A. Criteria for Personal Health Assessment Program to receive premium share discount includes:

1. Completion of Biometric Screening  
*Deadline date for the Biometric Screening: Friday, September 11, 2015*
2. Completion of the Online Questionnaire
3. Review Results with onsite health coach
4. Wellness Certificate for Preventive Health Services verification  
*Deadline date for all four steps: Friday, October 2, 2015*



**Q. What if I miss scheduling my PHA screening and report delivery appointment during the established June and July Onsite Clinic dates?**

**A.** If you are unable to make any of the June and July dates established for onsite clinic screenings, you are to contact Scott Eggart at [seggart@wdpsd.com](mailto:seggart@wdpsd.com).

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

**A.** Yes. If you have WEA Trust as your secondary insurance you will need to participate in all four steps of the Personal Health 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](mailto: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](mailto:wdpsdcareteam@bellin.org) if you **do not** plan to participate. You will not affect the District's participation rate negatively.

**Q. My spouse completed a biometric screening at their employer. Can these results be used as a substitute for their biometric screening?**

**A.** No. You must participate in the Personal Health Assessment Program.

**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 Personal Health 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.