



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: Tuesday, September 30, 2014
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 31, 2014

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 2015-2016 school year:

Type of Plan	Employee Premium Share <u>w/out</u> Assessment effective 2015-2016	Employee Premium Share <u>with</u> Assessment effective 2015-2016
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: Tuesday, September 30, 2014
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: October 31, 2014

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.



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 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. 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.** You will need to complete a new Wellness Certificate this school year.