



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, December 6, 2013*
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, January 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 do not 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 for those who are currently eligible to participate at the “current premium share” percentages listed below for the 2014-2015 school year.

Type of Plan	Current Employee Premium Share	Employee Premium Share <u>w/out</u> Assessment effective 2014-2015	Employee Premium Share <u>with</u> Assessment effective 2014-2015
Family Health	5%	12.6%	5%
Single Health	0%	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, December 6, 2013*
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, January 31, 2014



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. Spouses 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.