

CLGBP Wellness 2023 Program FAQ

1. What are the wellness program requirements for 2023?

✓ **Biometric Screening:** Attend a biometric event at one of the member organizations or have testing completed at a LabCorp location

➤ The required action must be completed between February 1 - March 15, 2023

✓ **Health Risk Assessment:** Complete the Health Risk Assessment online at HealthReach at healthreachwellness.com

➤ The required action must be completed between February 1 - October 31, 2023

✓ **Primary Care Physician:** Schedule an annual well visit with your primary care physician and bring your biometric screening results with you.

➤ The required action must be completed between March 15 – October 31, 2023

2. What is a biometric screening and why is it important and required? A biometric screening is a short health examination that indicates your risk for certain diseases and medical conditions. We refer to this process as knowing your numbers—it's the first step to healthy living because it helps you understand where you should take action to improve your health.

3. How long does the biometric screening take? You should expect the appointment to last for approximately 10-15 minutes.

4. What screening tests are being conducted? The biometric screening will be drawn from your arm (venipuncture). The following clinical data is measured: Blood Pressure, Height/Weight, Waist Circumference, and a 27-panel blood draw that provides a full lipid profile for Total Cholesterol, HDL Cholesterol, LDL Cholesterol, Glucose, Triglycerides, Kidney and Liver function.

5. Do I need to fast? You are not required to fast for this screening; however, results are most accurate with an 8 hour fast. You may drink black coffee, tea, water, and medication as prescribed.

- If you're having a biometric screening late in the day avoid eating a large meal (up to 4 hours prior) and instead consider a small snack such as yogurt, trail mix, apples, plain popcorn, hummus and carrots and peanut butter and toast

6. Who is HealthWorks? HealthWorks is the third-party wellness company who will be assisting with the wellness program (e.g. onsite biometric screening).

7. Who is HealthReach? HealthReach is the third-party wellness company who will be administering the HRA (Health Risk Assessment), along with the CLGBP wellness portal.

8. Who is eligible to participate to earn the wellness incentive? All employees and spouses enrolled in CLGBP medical plan are required to complete the following actions for each year (even if enrolled as secondary). If you are a New Hire after the onsite biometric screenings have commenced, you are grandfathered into the wellness program until the following wellness program year commences.

9. What happens if an employee or spouse does not complete the required wellness action? The following is applied annually via monthly rates: Employee: \$600/year; Spouse: \$600/year; Employee & Spouse: \$1,200/year. CLGBP member organizations applies incentive to employees (HSA reduction or premium increase)

10. Are the test results confidential? All biometric screening information is personal and confidential, as protected by federal law. Your employer will not have access to individual screening results. This information is to help you understand your health so you can take appropriate action to improve your health. HealthWorks will only share aggregate results with CLGBP (i.e. total percent of employees with normal blood pressure) and HORAN to help determine the benefits of potential wellness programs.

11. Are there any additional test I can purchase? Additional tests available for purchase at all onsite screenings: *(Payable by cash, check, or VISA/Mastercard only at event)*

- A1-C: (\$25); C-Reactive Protein (hs-CRP): (\$32); Colon Kit: (\$6); PSA: (\$40); Testosterone: (\$30); Thyroid Profile (T3, T4 and TSH): (\$38); Tobacco: (\$18); Vitamin D: (\$39); Blood Type: (\$22); CA-125 (\$65). These tests are optional for you to purchase.

12. How do I sign up for an onsite health screening? Log into your HealthWorks account at <https://portal.healthworksdata.com/> or call HealthWorks at 513-751-1288.

13. What if I can't attend the health screening at my work site? Screenings will be held between February 1 - March 15 at multiple locations. If you're unable to attend any of the scheduled events, please contact Human Resources for an alternative option with Lab Corp.

14. Does the biometric screening count toward the annual physical/ fitness assessment required for my job duties (e.g. firefighters)? No. The biometric screening satisfies the wellness compliance requirement only not annual physical/fitness assessment for job requirement.

15. Am I able to substitute biometric results from a recent physical at my physician's office in lieu of the biometric screening requirement? No. The biometric requirement must be through an onsite event or LapCorp during their required timeframe. Results from a physician's office will not be accepted in lieu of the biometric screening.

16. Why is completing the Online Health Assessment important and required? The Online Health Assessment analyzes your answers and produces a personal health report with details about your most important health issues. The report will include suggestions for health screenings and information about wellness and other health programs that may help you improve your health.

17. Where do I take the Online Health Risk Assessment? You can access the Health Risk Assessment by visiting healthreachwellness.com. This may be completed before or after your health screening appointment. This must be completed between February 1 – October 31, 2023.

18. How can I confirm I have met the wellness program criteria? If you have any questions pertaining to verifying completion of the biometric screening, please contact HealthWorks at 513-751-1288. If you have any questions pertaining to verifying completions of your Health Risk Assessment, please contact HealthReach at 1-844-329-2880.

19. What do I do once I know my numbers? Results of the biometrics screenings will be mailed to your home within 5-7 business days. They will identify if any of your test results are out of range and the meaning of the tests performed. The results from the health risk assessment will be available immediately on healthreachwellness.com. You can print a summary of the results to take to your next doctor's visit. Use it to ask your doctor questions and to learn more about your health and wellbeing.

20. Do I need to bring an annual physical verification form to my annual well visit with my primary care physician? It depends on when you have your visit. If your visit is before September 1st then you do not need a form, and the HealthReach system will update automatically once the claim is processed. However, if your appointment is between September 1 – October 31, 2023 then you will need to take the verification form with you to be completed and submitted to HealthWorks.

21. If I miss the opportunity to qualify for the discounted wellness rate, will I have a second chance to qualify? No. In order to qualify for the discounted premium, you must complete the Biometric Screening (onsite or via Lab Corp) by the deadline of March 15, 2023 & the Health Risk Assessment and Annual Primary Care visit by the deadline of October 31, 2023; no additional time will be allowed.

22. What if I have questions about the Wellness program components for 2023? Please contact Human Resources for specific questions pertaining to the wellness program components.