

# Health Screening

Healics is conducting a voluntary health screening for your employer as part of a company sponsored wellness program. The purpose of the screening is to make you aware of health risk factors that can lead to future disease and to support you in taking the necessary steps to achieve optimal health.

## Why should I participate in the health screening?

- Comprehensive – you will be tested for many of the health factors that are typically included in a routine physical exam.
- Convenient – a qualified screener conducts the health screen at your worksite during work hours.
- Confidential – your employer does NOT receive a copy of your Individual Health Profile, only you have access to your personal results. Your employer will have access to aggregate group reports that protect individual confidentiality. The reports indicate your company's overall risks and wellness program interests.
- Current – you will become aware of your personal health risk factors and the lifestyle changes you can make to start improving your health.
- Cost – fees for similar tests done by your primary care provider would be substantial.

## The Health Screening Process

COVID-19 notice: Participants are required to wear a mask or face covering during their biometric screening. Screeners will be sanitizing all materials/equipment used in the process after each participant is screened.

### Health Screening Forms

Participants will complete all necessary forms associated with the screening. Your employer will provide you with instructions for scheduling your biometric screening appointment.

### Biometric Screening Appointment - Biometrics & Blood Draw

Participants are measured for: *height / weight / waist / blood pressure*

A screener will obtain a blood sample from each participant. A standard wellness screening panel will be tested.

### Individual Health Profile

Participants will have access to a health report that outlines each risk category and their results. This can be found by logging into your MyHealics Dashboard at [www.myhealics.com](http://www.myhealics.com) and clicking Resources/Reports.

- The biometric score on the Individual Health Profile is calculated based on height / weight / waist / blood pressure /total cholesterol / HDL / LDL / triglycerides / glucose (or hemoglobin A1c) / nicotine. No other information collected is used in calculating the biometric score.
- Medical referral guidelines & behavior alternatives - if any of the reported results require your doctor's attention, it will be indicated on your report as a "medical alert".
- Comparison information allows you to track changes in your health from year-to-year.
- "Your Guide to a Healthier, More Vibrant Life" – a guidebook for understanding your results and improving your health. The guidebook gives an overview of each measurable health risk and offers ways to improve your lifestyle and reduce those health risks. The guidebook can be found in the Program Documents section of your MyHealics Dashboard.

Your health plan is committed to helping you achieve your best health status. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact your HR department or Healics and we will work with you (and, if you wish, with your primary care provider) to find a wellness program with the same reward that is right for you based on your health status.