



Biometric Screening

Q: What is a biometric screening?

A: “Biometric” values are important measures of a person’s health status and include measurements of a person’s height, weight, blood pressure, cholesterol, and glucose.

Q: Will the test cost anything?

A: No, this test is part of your medical plan and is FREE to eligible participants.

Q: Who is eligible for the biometric screening?

A: All Pima County Aetna-covered employees are eligible to participate in a biometric screening. Onsite biometric screenings are not available to family members, community members, or patients. Similar screenings are covered by Pima County’s medical plans at no cost and available at regular checkups for covered family members.

Q: Why should I participate in this screening?

A: There are many good reasons to participate in this program. You will be able to:

- Find out what your ‘health indicators’ are (blood pressure, cholesterol levels, weight)
- Identify potential health risks
- Receive an informational brochure with your personal results
- Speak with an onsite counselor about your results

Q: What do I need to bring to the screening as proof of eligibility?

A: If you are an Aetna health plan member, you will need to bring your current Aetna health insurance card to prove eligibility for the screening. You will need to write your Member ID on the consent form (Your Member ID is your EIN), and your name exactly how it appears on your Insurance card.

Q: Is fasting required?

A: Yes; Fasting for 9 hours is required to obtain your triglycerides and LDL (bad cholesterol). You will also get Total Cholesterol, HDL (good cholesterol) and Blood Sugar (glucose). FASTING includes everything except for black coffee and water. Drinking





plenty of water is recommended. Please make sure you take all your medications as prescribed by your doctor.

Q. What does fasting mean?

A. Fasting means no food or drink except water and black coffee (no cream or sugar) for 9 hours before the test. Please make sure you take all your medications as prescribed by your doctor.

Q: What do I do if I forget and I eat something?

A: You may still participate in the screening or if multiple days are offered in your city, you may attend a screening on a different day. If you go ahead with the non-fasting screening, make sure you tell the examiner that you did not fast for the 9 hours. The examiner will use a non-fasting cassette in this case. Your results will include Total Cholesterol, HDL, Ratio of TC/HDL, and Glucose. You will not receive the Triglyceride and LDL results as these values are affected by fasting.

Q: What will happen with my biometric screening data? Who will have access to my personal data? How is my confidentiality protected?

A: Pima County has chosen Summit Health as our third-party business partner. Summit Health will share your biometric screening data with Aetna to allow Aetna to administer your incentive for completing the health screening and the online health assessment. Pima County will not have access to the individual-level data. Pima County will use the aggregate data provided by Aetna to understand the overall health trends of our employees. This will enable Pima County to provide enhanced health & wellness services to better meet employees' needs. Summit Health protects all screening data through secure processes, procedures and protocols to ensure confidentiality.

Q. What type of equipment is used for the screenings?

A. The Cholestech LDX machine will be used, and the test is performed with a small finger stick. This machine is Cholesterol Reference Method Laboratory Network (CRMLN) certified, which validates that the system meets the gold standard for accuracy and reproducibility that was developed by the Centers for Disease Control and with the National Cholesterol Education Program (NCEP) analytical goals. Processing time is approximately 6 minutes.





- Q.** Who actually performs the screening and how are they credentialed?
- A.** The onsite screening is being done by Summit Health, provider of comprehensive wellness, health screening and immunization programs. Summit Health staff includes nurses, phlebotomists, and medical technicians. Summit Health only staffs our health screenings with properly credentialed and qualified staff.
- Q.** Do I get my results the same day?
- A:** Yes, results will be available at the end of the screening. The screening takes a total of approximately 12 minutes. Each participant will receive a brochure with their biometric screening results as well as 2-3 minutes of counseling about the results.
- Q.** What about privacy and protecting participants' personal health information?
- A.** The health screening layout is designed for efficient flow and privacy, from the registration table to the screening stations and counseling areas. Any Personal Health Information (PHI) gathered during the screening is protected by federal and state privacy laws including the Health Insurance Portability and Accountability Act (HIPAA).
- Q.** Will this screening impact my premiums?
- A.** No. An individual's screening information is protected is protected by federal and state privacy laws including the Health Insurance Portability and Accountability Act (HIPAA) and will not be used for determining premiums.
- Q.** Who can I contact with questions before the event?
- A.** Please contact your local site coordinator or contact Jennifer Billa, Wellness Program Manager at (520) 724-8114.





Online Health Assessment

Q: What is an online health assessment?

A: A health assessment is an online questionnaire used to provide employees with an evaluation of their health risks and quality of life. The assessment incorporates three key elements: a health-related questionnaire, a risk calculation or score, and personalized feedback to each individual about his or her health-related risks and behaviors.

Q: Where do I go to complete my online health assessment?

A: Go to Aetna's homepage at www.aetna.com, log in, and click the link in the blue box on the left hand side of the page marked "Take a Health Assessment." If you have not registered, follow these simple instructions:

1. Grab your ID card
2. Go to www.aetna.com
3. Click "Register now" (Enter your EIN under Member ID Number)
4. Look for the "I want to" menu on the left side of your home page
5. Click "Take a Health Assessment"

Q: What types of questions are asked?

A: The online health assessment will ask questions related to eating, physical activity, stress management, tobacco use and other health-related behaviors. The biometric values you receive at your screening will also be collected in the online health assessment, so be sure to have a copy of your results handy.

Q: How long will it take me to complete my online health assessment?

A: The online health assessment will take about 15 minutes to complete.

Q: Is there any kind of confirmation I will receive or can view that I have completed the online health assessment?

A: Yes, you will receive a confirmation page that you have completed your health assessment. You may wish to print this for your records. If you return to Aetna's site later, click on the link "Take a Health Assessment," at the top of the next page you will see the date and time you completed the initial online health assessment.





Q: Why is Pima County offering an online health assessment?

A: The online health assessment is being offered as part of Pima County's benefits package to provide each employee with the opportunity to better understand his or her health, ways to reduce health risks, and improvements that could be made. This is part of our ongoing commitment to support each employee's health and well-being. It provides each employee with a snapshot of his or her current health status; enables each employee to monitor his or her health status over time; provides each employee with "calls-to-action," preparing those who may benefit from lifestyle change(s).

Q: What will happen with my online health assessment data? Who will have access to my personal data? How is my confidentiality protected?

A: Pima County has chosen Aetna as our third-party business partner to provide our online health assessment. Aetna will administer your incentive for completing the screening and the online health assessment. Pima County will not have access to individual level data. We will use the aggregate data provided by Aetna to understand the overall health trends of our employees. This will enable us to provide enhanced health & wellness services to better meet employees' needs. Aetna protects all health assessment data through secure processes, procedures and protocols to ensure confidentiality.





Online Wellness Program

Q: How do I access the online wellness programs?

A: Upon completion of your health assessment, you will gain access to all six of the online wellness programs via a link to the HealthMedia site. You will also receive an e-mail invitation recommending one or more programs based on the information provided in the health assessment.

Q: What online wellness programs are available?

A: Each program is meant to fit in to your schedule, not the other way around and include:

- The Relax™ program helps you find ways to manage your everyday stress.
- The Balance™* program guides you to make changes that last by focusing on mind, body, and food.
- The Nourish™* program shows you how small changes to your food choices can make a big difference.
- The Overcoming™* Depression program gives you ways to gain control over your depression and see the bright side of life again.
- The Breathe™* program to stop smoking and get support to help reduce cravings, resist relapse and feel healthier.

Q: How many online wellness programs can I participate in?

A: You have the option of participating in one or more programs at any time.

Q: Is there a deadline to complete the online wellness program?

A: The program(s) have a lifespan of 210 from the day the program consultation is completed. There is no “completion” date; however, there are 30-, 90-, and 180- day evaluations to help gauge the impact of the program.





Incentives

- Q:** What do I need to complete in order to earn my incentive?
- A:** Employees will need to complete a biometric screening, take the online health assessment and enroll in an online wellness program in order to earn their incentive.
- Q:** What is the deadline for completing the requirements to earn my incentive?
- A:** The deadline for completing the biometric screening, online health assessment, and online wellness consultation to earn the incentive is September 27, 2013. Pima County will offer the onsite biometric screenings in August and September, 2013 for FY 2013-2014.
- Q:** I recently completed the on-site biometric screening and/or online health assessment with UHC. Am I still eligible for the \$50 gift card incentive?
- A:** The \$50 gift card incentive is only available to employees who complete the 3 Simple Steps requirements which are offered through Aetna. All activities must be completed between July 1, 2013 and September 27, 2013.
- Q:** Does the on-site biometric screening and online health assessment count toward my Healthy Lifestyle Premium Discount?
- A:** Yes, both the biometric screening and online health assessment will give you credit for completing two of the Healthy Lifestyle Premium Discount requirements for FY 2014-2015.

