



## 2015 Biometric Screenings Frequently Asked Questions

---

[Schedule your appointment online](#) or call 1-855-623-9355

### **Free, convenient and confidential screening includes:**

- **Cholesterol Triglycerides and Blood Sugar:**  
This involves a finger stick to test for HDL & HDL Cholesterol, Triglycerides and glucose (blood sugar) levels.
- **Blood Pressure:**  
This test involves an automated measurement for systolic and diastolic blood pressure.
- **Height & Weight:**  
A measurement of both height and weight will be obtained using a scale and tape measure. Removal of shoes is required. No weight will be deducted to account for clothing.
- **Review your results with a Health Coach:**  
Once you complete your Biometric Screening, you will have the opportunity to discuss your results and schedule an appointment with a Health Coach.

For additional questions, please contact Employee Wellness at (520) 724-8114  
or email [wellness@pima.gov](mailto:wellness@pima.gov)



## 2015 Biometric Screenings Frequently Asked Questions

### How do I prepare for my Biometric Screening?

- Before your screening appointment you are required to fast for 9-12 hours.
- **DO NOT** eat or drink anything except water; black coffee and tea are also fine; however, do not use cream or sugar.
- **DO** take all medications as directed by your physician(s) as you normally would.
- **DO** drink plenty of water before your screening to stay hydrated.
- If you have a medical condition that does not allow you to fast for 9-12 hours, please follow your healthcare provider's instructions.
- **DO** wear a loose fitting shirt that allows you to roll up your sleeve for a blood pressure check.

### ELIGIBILITY

**Q. Who is eligible for a free health screening?**

A. Only active Pima County employees who are enrolled in Pima County's Aetna medical plan are eligible for a free health screening. The reason for this limitation is because the funding for the screenings is provided by Pima County's Aetna medical plan.

**Q: Can any of my family members participate in the screening?**

A: No. This screening is only for Pima County Employees.

**Q: If I participate in the health screening, will it be billed to my health insurance?**

A: No, this is a health screening sponsored by your company.

For additional questions, please contact Employee Wellness at (520) 724-8114

or email [wellness@pima.gov](mailto:wellness@pima.gov)



## 2015 Biometric Screenings Frequently Asked Questions

### APPOINTMENT SCHEDULING

**Q: How do I schedule an appointment?**

**A:** You have several easy scheduling options available to you:

- You can schedule your appointment on-line at: [We.BlueprintForWellness.com](http://We.BlueprintForWellness.com)
- Schedule an appointment at a convenient Quest Diagnostics Patient Service Center.

If you have scheduling questions, call **1-855-623-9355** (855-6-BE WELL), Monday – Friday between 7:00 a.m. and 8:30 p.m. CST and Saturday between 7:30 a.m. and 4:00 p.m. CST.

**Q: I'm a new user, how do I log in for the first time?**

**A:** For standard login you must log in as a new user using the “Not Registered Yet” path and the “Register Now” link. You will be required to provide a registration key, identifier (such as employee ID) along with basic personal information and create a username/password combination specific to you. If your employer has mentioned using single sign on for access to screen, you may need to contact your HR representative for the appropriate website.

#### **First time participants:**

- Use registration key: **“PIMACOUNTY2015”**
- Your unique ID: **Your Six-digit EIN**

**Q: What if I've forgotten my password or I need my password reset?**

**A:** There are separate links available for username and password. If you select the “forgot your username” link, you will need to provide the email address associated with your

For additional questions, please contact Employee Wellness at (520) 724-8114

or email [wellness@pima.gov](mailto:wellness@pima.gov)



## 2015 Biometric Screenings Frequently Asked Questions

account and your date of birth. As long as the email address/date of birth combination provided matches what Blueprint for Wellness has on file, you will receive an email with your username. If you select the “forgot your password” link, you will need to provide your username and date of birth. As long as the username/date of birth combination provided matches what Blueprint for Wellness has on file.

### AT THE EVENT

**Q: How long will the screening take?**

A: Each appointment is approximately 15 minutes.

**Q: Do I need to fast before screening?**

A: You will need to fast for nine or more hours prior to the blood collection for accurate results. You should take any regularly scheduled medications as usual. Drinking plenty of water is recommended during the fasting period.

**Q. What can I expect during my free biometric health screening appointment?**

A. The clinicians at the screening site will collect a single blood sample from a finger prick that will be used to measure your HDL “Good” Cholesterol, LDL “Bad” Cholesterol, Total Cholesterol, Triglycerides and Glucose. They will also take your resting blood pressure reading. All information is confidential and complies with HIPPA requirements. The entire screening process typically lasts 15-20 minutes including the time to complete your registration/consent form, have your measurements taken and receive your results, and the option to discuss your results with a health coach. Your results will be received at the screening.

**Q: What if I have a regular physician exam and biometric screening rather than attend the on-site event?**

For additional questions, please contact Employee Wellness at (520) 724-8114

or email [wellness@pima.gov](mailto:wellness@pima.gov)



## 2015 Biometric Screenings Frequently Asked Questions

A: You may still be eligible to earn a Preventive Exam medical premium discount for FY2016-17.

- Please take the [2016-17 Preventive Exam Affidavit](#) to your physician's office and request them to complete the form. Your doctor may charge a fee to complete the form, which you will be responsible for payment.
- Check to see that the form is complete with all the required information and signatures, then fax the completed form back to (520) 724-8150.
- You will receive a confirmation email that the form has been processed and your discount eligibility updated once the completed form has been reviewed by Employee Wellness.

**Q: What if I don't want to have all of the screenings?**

A: Although we encourage you to take advantage of this convenient opportunity and learn all your numbers so that you can take preventive health measures, if you are uncomfortable with the weight, body fat and waist circumference measurements, you may opt out of that part.

**Q. Do I have to meet with a health coach?**

A. No, you may choose to collect your results and exit the screening area. If you choose not to review your results with a health coach, you are encouraged to review them with your health care provider. If your screening results identify you at a high risk level for heart disease or diabetes, you may receive an outreach phone call from a health coach. You are not required to meet with a coach at any time.

**Q: Is there a County policy about time to participate in the screening?**

For additional questions, please contact Employee Wellness at (520) 724-8114

or email [wellness@pima.gov](mailto:wellness@pima.gov)



## 2015 Biometric Screenings Frequently Asked Questions

A: As per [Administrative Procedure 23-30](#), employees may be allowed to flex their time, where needed, and/or at the discretion of the appointing authority, up to thirty minutes of paid work time per program. The allowable paid work time may be combined with personal leave time to include an employee's lunch hour or break time.

**Q: Can I just "drop-in" that day for a screening?**

A: We prefer that you make an appointment. All appointments will be taken first, with "drop-ins" welcome if time allows.

**Q. What if I miss my scheduled appointment time?**

A. If you miss your scheduled appointment time, you can still be screened. Go to the screening site and check-in as soon as possible, but at least 15 minutes before the end of the screening.

**Q: Do I need my I.D. to participate in the screening?**

A: Please bring your Pima County I.D. with you to the screening. If you do not have it available, we will need your Employee ID number (EIN). This will be used for tracking purposes only and will be needed to earn your [Healthy Lifestyle Premium Discount #3](#).

### RESULTS

**Q: Will the results be sent to my physician's office?**

A: No. However, we encourage you to bring your report to your next doctor's visit or send the office a copy for your medical records file.

**Q: What do I do with my results?**

A: We encourage you to take your online Health Assessment at [www.aetna.com](http://www.aetna.com). Have your report ready so you can enter your numbers directly into the Health Assessment

For additional questions, please contact Employee Wellness at (520) 724-8114

or email [wellness@pima.gov](mailto:wellness@pima.gov)



## 2015 Biometric Screenings Frequently Asked Questions

for the most accurate report. When you complete the free, confidential online health assessment you learn what you're doing right, where you can improve and how to live healthy every day. The assessment takes just 15 minutes to complete, and you get your results immediately.

**Q: Are my results confidential?**

A: Yes. Quest Diagnostics and your employer value and understand that your privacy is very important and we have put many steps in place to assure confidentiality. All information obtained in your Blueprint for Wellness experience is Protected Health Information (PHI) and is secured in accordance with the Health Insurance Portability and Accountability Act (HIPAA). Your employer will not have access to individual results.

**Q: How do I get my results?**

A: You will receive a confidential, personalized, multi-page report providing current health status and individual risk factors in the mail within two to three weeks of your blood draw. If you registered online and provided an email address you will receive an email when your results are available to view online 3-5 days after your screening. To view your results online go to [we.blueprintforwellness.com](http://we.blueprintforwellness.com), if you previously created a username and password enter your user name and password you created when registering for an appointment. If you did not register for an appointment, click the register now link in the yellow box. You will be prompted for your unique ID and DOB to create a username and password to continue and access your results online.

### GENERAL QUESTIONS

**Q: Who is providing the screenings?**

A: This year's screenings are being provided by Quest Diagnostics, courtesy of Aetna.

**Q: Why should I participate in the on-site biometric screening?**

For additional questions, please contact Employee Wellness at (520) 724-8114

or email [wellness@pima.gov](mailto:wellness@pima.gov)



## 2015 Biometric Screenings Frequently Asked Questions

**A:** It's always important to keep your health and wellness top of mind. Awareness is the first step in maintaining and monitoring your health. A 15-minute biometric screening allows first time and repeat participants the opportunity to get a quick and easy "snapshot" of their health.

- It can help you understand your health from the inside out and provide insights to risks and strengths that are helpful to know about.
- It can help you find out what you are doing well.
- It can help you make the most out of your time by focusing your efforts on the behaviors that you can change.
- It can help you work with your physician to take charge of your health.
- It is free.
- Participation in a preventive biometric screening may earn you discounts off your medical premiums for FY2016-17.

**Q:** **Why should I take part in this if I already lead a healthy lifestyle?**

**A:** Good for you! Participation in the biometric screening is entirely voluntary. Since you're already choosing healthy habits, you likely do not have health risks that are controllable. The screening can reveal important health risks—some of which are influenced by other factors and are not always apparent. We are making this service available to increase self-awareness of your current health status and what you can do to reduce your risk.

For additional questions, please contact Employee Wellness at (520) 724-8114

or email [wellness@pima.gov](mailto:wellness@pima.gov)