

2023 Lewis and Clark County (LCC) Wellness Screenings + Incentive

Step 1: Online Registration + Health Questions

- Go online to: www.sphealth.org/lccwellness
- Answer required health questions. Once complete you will find a link with instructions on how to sign up and schedule an appointment in MyChart. You must answer **ALL** questions before signing up for a screening.
- Screenings can also be scheduled at the Wellness Office at SPH if you cannot attend any of the LCC screenings. Please call 444-2128 or email wellness@sphealth.org.
- Screening and health questions must be completed by **October 20, 2023**.
- Once scheduled, you will receive a confirmation email with your appointment time. Please keep this email for your records and to reschedule and/or cancel.
- Before the screening you will be sent a reminder email including your appointment time and fasting instructions. You may also select the option to receive a SMS message reminder.
- **Please arrive for your scheduled appointment 5 minutes early.**

Step 2: Wellness Screening

FASTING NECESSARY - NO FOOD OR DRINK - ONLY WATER FOR 12 HRS

Your employer has implemented a Wellness Incentive Program to encourage your personal well-being and health. This is being offered as an *OPPORTUNITY* to take charge of your health and become informed or stay informed on your personal health status. St. Peter's offers an on-site screening at your convenience. Any adverse values in these six risk-factors (listed below) will increase your likelihood for health issues, particularly heart disease.

***Waist**

***Blood Pressure**

***Blood Sugar**

*** Tobacco Use**

***Cholesterol**

*** Comprehensive Metabolic Panel**

- Check in and confirm your appointment time, personal information, and any additional tests you would like to have performed. Any necessary payment for additional tests will be processed on-site as we accept cash, check, credit/debit, and Health Savings Account cards. You will be provided a receipt of any additional tests. You can submit your receipt to insurance for possible reimbursement. **The tests below can be assessed with the same blood draw as your wellness screening and your SPH provider has immediate access to them.**

- TSH \$20
(Thyroid Stimulating Hormone)
- CBC \$20
(Complete Blood Count)
- Blood Type \$15

- Prostate Specific Antigen \$20 (Free for men over 50)
- A1C \$25
(Long-term average glucose)
- Vitamin D \$25

The first step of a Wellness Screening includes biometrics/vitals where blood pressure, height, weight and waist (measured at the navel) measurements are taken. We ask that you remove your shoes for a more accurate height and weight. **Your abdominal circumference is being used as a risk factor rather than BMI.** *Disclaimer: St. Peter's Wellness Services team will not be held responsible for any disagreeable blood pressure results.*

- Complete the screening with a blood draw. The lipid panel will provide you with an overall assessment of your cholesterol (LDL and HDL levels), triglycerides, and cholesterol ratio. The Comprehensive Metabolic Panel (CMP)

is a broad screening tool used to evaluate the current state of important organs such as the kidneys and liver, and also includes a fasting blood glucose.

Step 3: Assess Your Score

Your screening results will be available on your MyChart account. You can sign up for a MyChart account at the time of your screening or online at: [MyChart - Sign Up \(sclhealth.org\)](https://mychart.sclhealth.org) You may obtain a score card so you can determine whether or not you have met the incentive requirements and if additional steps need to be taken to receive the incentive reward.

Screening Benchmarks	Criteria	Goal(s): If criteria values NOT met
Cholesterol	Total less than or equal to 200 or Ratio ≤ 5 (m) ≤ 4.5 (w)	Reduce total by 10 or ratio by 0.5 or into criteria range
Fasting Glucose	Fasting glucose ≤ 110	Reduce by 10 points or into criteria range
Waist Circumference	Waist Circumference ≤ 40 (m) ≤ 35 (w)	Reduce waist size by 2" or into criteria range
Blood Pressure	Less or equal to 135/85 (measurements used individually)	Reduce value by 5 points or into criteria range OR complete Health Coaching for Hypertension*
Tobacco/Nicotine Status	Tobacco/Nicotine Free for at least 3 months	Complete Montana Quit Line or Freedom From Smoking* program and submit certificate

Upon assessment of your screening results compared to those listed above -- if you met all of the above non-risk values – **CONGRATULATIONS!** You have completed the incentive and will receive the full \$50 towards your monthly premiums, \$100 reduction to PPO deductible, and \$500 reduction to the maximum medical out-of-pocket beginning in January 2024 to continue through the rest of the plan year (July 2024). If you participate in the HDHP – you will receive \$50 towards the HSA.

Step 4: Reasonable Alternative Goals

- used only if you did not meet ALL of the non-risk values listed above -

To receive the additional plan incentives for premium, deductible, and maximum out-of-pocket reduction (for each of the cholesterol, fasting glucose or blood pressure values) towards plan year 2023, you can work towards one or more goals between the date of your screen until the deadline of **October 20, 2023**. You can schedule with St. Peter's Wellness Services for all rechecks, Freedom from Smoking and/or Health Coaching for Hypertension classes or you can return to your Primary Care Provider and retest/recheck with them. To obtain credit, the PCP Reasonable Alternative Form can be submitted along with **official medical documentation/visit notes** to confirm your improvement.* Your provider can fax the PCP Reasonable Alternative or Outside Labs forms to 447-2544.

*** Modification to past years requirement.**

IMPORTANT INFORMATION

- If you have labs taken on or after May 1, 2023 – you're able to submit those in lieu of a wellness screen. Please use the Outside Provider Form and ensure **official medical documentation** is included that lists fasting glucose, total cholesterol and/or cholesterol ratio, waist circumference, and blood pressure.
- BMI/waist and blood pressure can be taken at St. Peter's Wellness if these values are not included with your blood screening results.
- **If using Outside labs, the Health Questions and consent must be completed by visiting:**
www.sphealth.org/community-health/health-and-wellness-screenings/lewis-and-clark-county-screenings or by calling the Wellness Department at 444-2128. **Deadline to submit is October 20, 2023.**
- **If you cannot participate in Step 1 between February and March, a second screening for half credit is offered in September 2023. These screenings earn reductions in the premium only for the months January to June. All steps need to be completed by October 20, 2023.**

Frequently Asked Questions

Why can't I just walk in for a blood screening? In order to ensure the efficiency of our screening process, we utilize appointment times. Furthermore, fasting is required and lab registration needs information prior to the screening. You can schedule a time with SPH Wellness to have a blood screen in-office by calling 444-2128 or emailing wellness@sphealth.org.

When is my last chance to sign up? At least 10 registrants are required to hold a screening. If 10 or more are already enrolled, you will have an opportunity to register up until the day before the screening.

Are screenings ever cancelled? There is a possibility your screening could be cancelled if there are not enough participants. If there are less than 10 participants signed up 1 week before, then we will cancel the screening and you will have the option to sign up for a different screening at another location or to come into SPH Wellness.

Can I refuse a step in the process? All participants will have an opportunity to review their biometric/vitals information at the screening before submission. If you do not accept the values you will not be able to complete the rest of the screening process or may not receive the incentive for that criteria.

What if I do not meet the required non-risk values? You can choose to work towards 1 or more of the goals listed in the above criteria table. You can recheck with St. Peter's Wellness Services or you can use the PCP Reasonable Alternative Form and have your provider submit official medical documentation/visit notes to confirm the goal improvement. For information on classes accepted for goals visit: [Lewis and Clark County Screenings Page](#) on the St. Peter's Website. Classes are available virtually or in-person. You can recheck as many times as you need before the deadline.

How do I submit information from my Provider? The PCP Reasonable Alternative form can be used along with official documentation of the goal met. The forms can be directly faxed to the SPH Wellness Department at 447-2544. You will receive confirmation via email that we received the documentation. If you do not receive a confirmation email, we did not receive the documentation.

How do I get my results? You can access your blood results online with a MyChart account or by calling SPH Medical Records 406-444-2178 and completing an Authorization for Disclosure of Healthcare Information form.

What if my blood pressure is unusually high? If you feel the blood pressure taken at the screening does not reflect your typical blood pressure, we will retake it. After **two** attempts, we ask that you submit notification from your PCP as a 'reasonable alternative' or schedule a reassessment in the Wellness office at a later date. You can also provide official medical documentation of a value that met the criteria as long as it is dated no earlier than 3 months prior to your screening.