



## 2022-23 Health Premium Reduction Incentive

### **Step 1: Online Registration + Scheduling**

1. Go online to: <https://www.sphealth.org/wellnow>
2. Look through our schedule to find the location you would like to attend your screening at
3. In a separate tab, [create a MyChart](#) account or log into an existing account
4. Schedule a wellness screening by following the steps in the [MyChart scheduling instructions](#)
5. Once scheduled, you will receive a confirmation email. **Mark your calendar as a reminder of your appointment day and time.**
6. Approximately two days before the screening, you will be sent a reminder email and **fasting instructions** for the required blood draw.
7. Please contact Wellness Services at 406-444-2128 or [wellness@sphealth.org](mailto:wellness@sphealth.org) with any questions.

### **Step 2: Wellness Screening**

Your employer has implemented a Health Premium Reduction Incentive to encourage your personal well-being and health. As a school district employee, you have an opportunity to take charge of your health and become informed on your personal health status. In conjunction with the School District, St. Peter's Health offers you an on-site screening at your school. Here you will be able to gain a better understanding of your health and possible risk factors. The first step in disease prevention is assessing the five basic risk factors listed below:

**\* Weight/Waist      \*Blood Pressure      \*Blood Sugar      \* Tobacco Use      \*Cholesterol**

Here are the steps of the process when you arrive the morning of your screening:

1. Check in and confirm your appointment time, personal information and any additional tests (listed below) you would like to have performed. Any necessary payment will be processed on-site as we accept cash, check, credit/debit, and Health Savings Account cards.
  - TSH \$20  
(Thyroid Stimulating Hormone)
  - CBC \$20  
(Complete Blood Count)
  - PSA \$20  
(Prostate Specific Antigen) \*Free for men over 50
  - Blood Type \$15
  - CMP \$25  
(Comprehensive Metabolic Panel)
  - A1C \$25  
(Long-term average glucose)
  - Vitamin D \$25

2. Biometrics such as blood pressure, height, weight and waist measurements will be taken. We ask that you remove your shoes at this time for a more accurate height and weight.
3. Complete the screening by having your blood drawn. Your wellness screening includes a free lipid panel and fasting glucose test which will provide you an overall assessment of your cholesterol, triglycerides and fasting blood glucose. These are great indicators of health risks such as diabetes, high cholesterol, and heart disease.

**Step 3: Assess your score**

Screening	Criteria	Goals
Blood Pressure	Less than or equal to 130/85 (individual readings)	Reduce value by 5 points or into criteria range
Waist Size	Less than or equal to Waist size $\leq 35''$ (female) and $\leq 40''$ (male)	Reduce waist circumference by 2" or into criteria range
Fasting Blood Sugar	Less than or equal to 110	Reduce by 10 points or into criteria range
Total Cholesterol or TC/HDL Ratio	Less than or equal to 200 or $\leq 4.5$ (w) or $\leq 5$ (m)	Reduce total by 10 points or ratio by .5 or into criteria range
Tobacco/Nicotine	Tobacco/Nicotine Free for at least 3 months	Be Tobacco/Nicotine Free for 3 months

1. Your screening results will be available on your MyChart account within 36 hours (registration necessary) or you may request them from SPH Medical Records. For privacy protection, SPH Wellness will no longer be mailing or emailing results.
2. If you find you met all criteria – CONGRATS! **No further action necessary and the full incentive reward of \$400 will be rewarded.**

**Step 4: If there were any criteria not met....**

1. Visit with your primary care provider (PCP) after the wellness screening to review results and discuss a plan and ensure provider faxes the PCP follow-up form to SPH Wellness Services. A medical office cover sheet is required for validity. **REWARD: Earn \$200 towards your health premium.**
2. For any values that did not meet criteria, work towards the associated goal(s) -- SEE CHART ABOVE -- and return for a St. Peter's Wellness assessment before the end of the incentive to determine goal(s) met. You can also submit official medical record documentation from your PCP (office visit) of improvements as long as they're dated after your wellness screening. **REWARD: If all necessary goals are met, earn an additional \$200 towards your health premium.**

**Frequently Asked Questions:**

**Q: Why can't I just walk in for a blood screening?**

**A:** In order to ensure the efficiency of our screening process, we utilize appointment times. Furthermore, lab registration needs information prior to the screening.

**Q: When I sign up for MyChart, why does it ask personal questions and where does it get the information?**

**A:** MyChart is used by multiple health systems around the country. The questions are to make sure that it does not mistake you for being someone else with the same name as you. All the information MyChart uses to identify you is part of the public record.

**Q: Where do I find the 14 Health Questions I answered in the past?**

**A:** We are not having anybody answer Health Questions this year due to all the changes with the new medical record system. We may start these up again in the future, but they will not be required for the 2023-24 incentive year.

**Q: Are screenings ever cancelled?**

**A:** There is a possibility that 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.

**Q: When is my last chance to sign up?**

**A:** 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 date of the screening.

**Q: Will flu shots be available?**

**A:** A separate flu shot schedule has been created so all flu shots can be administered the last two weeks of September and first two weeks of October. Please check with your school's wellness coordinator and the school district's website for the schedule.

**Q: Can I refuse a step in the process?**

**A:** All participants will have an opportunity to review their biometric information at the screening before submission. If you do not agree with the values, you may fill out a refusal form, but you will not be able to complete the rest of the screening process.

**Q: What if I do not meet the required non-risk values?**

**A:** To remain eligible for the full incentive reward, you must visit with your PCP to review adverse results, submit PCP Follow Up form and return for assessment before the end of the incentive to see if listed goals were met.

**Q: How do I submit information from my Provider?**

**A:** The PCP follow-up form can be used and signed by your provider and then directly faxed to the Wellness Office. This appointment can be scheduled as part of your 100% benefit for an annual physical.

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

**A:** You can review your results from your MyChart account or submit an authorization form at the time of your screening and Medical Records will mail you results. For privacy reasons, SPH Wellness Services will NOT mail or email labs to participants.

**Q: What if my blood pressure is unusually high?**

**A:** If you feel the blood pressure taken at the screening does not reflect your average blood pressure, we will retake. After **two** attempts, the better of the blood pressure values will be recorded for incentive purposes. You can return for an assessment at any time before the incentive ends to ascertain if the required goal has been met. If you tend to get nervous, anxious or stressed before a screening, it is recommended to take a few minutes and practice deep breathing, and maybe spend a few extra minutes in your car practicing deep breaths before checking in. Listening to classical music, meditating, and limiting caffeine and sodium intake are also helpful.