

# Biometric Screening FAQ's



## What happens during a *Be Well SHBP*-sponsored screening event?

During the *Be Well SHBP*-sponsored screening event, a health professional will collect measurements, including height, weight, and blood pressure. A sample of your blood will be collected to determine your cholesterol, glucose, hemoglobin A1c and triglyceride levels.

- You will get a personalized report highlighting your screening results
  - Hemoglobin A1c results will be loaded into the Sharecare portal within 10 business days
- You get a detailed explanation of what your numbers mean and the healthy target ranges
- You will learn about areas for improvement and recommendations if needed

## Why should I participate?

Some risk factors may have no symptoms, you could be at risk without knowing it. A biometric screening will help you to understand the current state of your health so you can take the necessary steps to improve it.

## What rewards can I earn for participating in the *Be Well SHBP* Well-being Program?

All Anthem Blue Cross and Blue Shield (Anthem) and United Healthcare (non-Medicare Advantage) SHBP members and covered spouses who complete the RealAge Test and a screening (at a *Be Well SHBP*-Sponsored screening event, at a Quest PSC or by using the 2021 Physician Screening Form) will earn **240 well-being incentive points**. You must complete your RealAge Test before any well-being incentive points will be awarded. Dependent children are not eligible to participate in *Be Well SHBP* or earn 2021 incentives.

## How much does it cost?

SHBP members or covered spouses can complete a biometric screening at no additional cost by attending a *Be Well SHBP*-sponsored screening event, going to Quest Patient Service Center (PSC), or through an in-network physician using the 2021 Physician Screening Form. If your physician completes your biometric screening, the visit must be coded as preventive. If your screening is completed at the same time you receive other medical services or treatments (for example, a sick visit), you may have to pay co-insurance/co-payments.

## How do I sign up for a *Be Well SHBP*-sponsored screening event?

To locate a *Be Well SHBP*-sponsored screening event or to schedule an appointment, visit [BeWellSHBP.com](http://BeWellSHBP.com).

## How do I prepare for the *Be Well SHBP*-sponsored screening event?

Here are some things to keep in mind as you prepare for your screening:

- Although not required, we recommend fasting for at least nine (9) hours; this includes all food and drinks except for water. Failure to properly fast may result in inaccurate blood test results. (If you have a health condition, such as diabetes or pregnancy, or any other medical concerns, consult a doctor before fasting)
- Drink plenty of water, which makes it easier to give a sample of your blood
- Continue taking medication as prescribed the day of your screening\*
- Arrive 5 minutes early to register and allow about 15 minutes to complete the process

\*Follow your doctor's instructions for taking your medications, including taking them with food if necessary.

## Will I be penalized for my biometric screening results?

No, you will not be penalized.

## How do I obtain and/or submit my 2021 physician screening form?

Visit [BeWellSHBP.com](http://BeWellSHBP.com) and click on the "Download your 2021 Physician Screening Form" button. Follow the instructions on the 2021 Physician Screening Form for submission.

## Can I get credit for lab work done in late 2020 if my physician uses a 2021 Physician screening form?

No. All 2021 participants are required to complete a biometric screening in 2021 to earn wellbeing incentive points. The screening must be completed, submitted and received by Sharecare between January 1 and November 30, 2021.

## Is there a deadline?

All biometric screenings must be completed by November 30, 2021. Completed 2021 Physician Screening Forms must be signed, dated, submitted, and received by Sharecare by November 30 to qualify for well-being incentive points.

## Why Should I Participate in *Be Well SHBP*?

SHBP is committed to helping you make your well-being a priority. By participating in *Be Well SHBP*, SHBP hopes you will improve the quality of your life. The program is not intended to replace your doctor's medical care or advice. It is offered to help you make more informed decisions about your health and lifestyle, and to make you aware of any potential health risks that you may need to address.

## Who administers the *Be Well SHBP*-sponsored screening events?

The screening is administered by Sharecare through their screening vendor, Quest Diagnostic.

## Is my privacy protected?

Your personal health information is held in strict confidence and will not be shared with your employer. Your privacy is ensured, in compliance with the Health Insurance Portability and Accountability Act (HIPAA) of 1996. HIPAA prohibits Sharecare from disclosing your personal health information without your permission.

**Sharecare and our screening partners are making every effort to maintain the safety of participants and providers on-site during the COVID-19 pandemic. We have updated our event guidelines to support social distancing and reflect safety guidelines.**

- Events will not be larger than 4 stations + 1 clerk; this ensures there will not be more than 10 people in a room at any given time.
- Before the event, the provider team will sanitize all supplies. Providers will also wear gloves and masks from the time of arrival. Additionally, providers will monitor their temperatures each day and will not work if they have a temperature above 100.4°F.
- All tables must be 8-10 feet apart, including the registration table.
- Waiting areas will be standing only and the provider team will mark the floor with "X's" that are spaced 6 feet apart to ensure participants are socially distanced while they wait.
- Providers will be wearing gloves, masks, and face shields, as this will help them maintain their "low-risk" exposure category.
- During the event the provider team will take the following steps between each participant:
  - Cleanse iPad®
  - Wipe down tablecloth and chair with sanitizing wipe
  - Sanitize BP cuffs and height/weight stations

## How can Site Coordinators help?

- Reserve space for the event that will allow stations to be 8-10 feet apart.
- Advise participants to wear a mask to their appointment and sanitize hands before screening
- Set the screening room to a cool temperature to help accommodate the providers' additional PPE.
- Be available during the event to answer questions and help employees sign in and social distance while waiting for their screening.

The 2021 incentives do not apply to dependent children or Kaiser Permanente or Medicare Advantage Plan Options..

This information is intended to provide a general overview of some important benefit information. While every effort has been made to make the information here as complete and accurate as possible, SHBP's benefit plans are fully detailed in separate legal documents and are governed by certain Georgia laws, regulations of the Department of Community Health, and resolutions of the Board of Community Health. In the event of any inconsistencies between these materials and the plan documents, laws, regulations, or resolutions, the terms of the plan documents and the governing laws, regulations, and resolutions will control as applicable. The Department of Community Health reserves the right to amend, modify or terminate its benefit plans or services at any time in its discretion.

Sharecare administers the *Be Well SHBP* well-being program for the State Health Benefit Plan. Copyright © 2021 Sharecare.