

# Biometric Screening FAQ's



## What happens during an SHBP sponsored onsite screening event?

During the SHBP sponsored onsite screening event, a health professional will collect measurements, including height, weight, waist circumference, 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 in a biometric screening?

Certain risk factors may not have any signs or symptoms, so you could be at risk. 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 and UnitedHealthcare Commercial (non-Medicare Advantage) SHBP members and covered spouses who complete the RealAge® Test **and** a screening (at an SHBP sponsored onsite screening event, at a Quest Diagnostics Patient Service Center or by using the 2026 Physician Screening Form) will earn **240 points**. You must complete your RealAge Test before any points will be awarded. Dependent children are not eligible to participate in Be Well SHBP or earn 2026 incentives.

## How much does it cost?

SHBP members and their covered spouses can complete a biometric screening at no additional cost by attending an SHBP sponsored onsite screening event, going to a Quest Patient Service Center (PSC), or through an in-network physician using the 2026 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 SHBP sponsored onsite screening event?

To locate an SHBP sponsored onsite screening event or to schedule an appointment, visit [BeWellSHBP.com](https://BeWellSHBP.com).

## How do I prepare for the 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 20 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 2026 Physician Screening Form?

Visit [BeWellSHBP.com](https://BeWellSHBP.com) and click on the "Download your 2026 Physician Screening Form" button. Follow the instructions on the 2026 Physician Screening Form for submission.

## Can I get credit for lab work done in late 2025 if my physician uses a 2026 Physician Screening Form?

No. All 2026 participants are required to complete a biometric screening in 2026 to earn points. The screening must be completed, submitted and received by Sharecare between January 1 and November 30, 2026.

## Is there a deadline?

All biometric screenings must be completed by November 30, 2026. Completed 2026 Physician Screening Forms must be signed, dated, submitted, and received by Sharecare by December 1st to qualify for points.

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

SHBP is committed to helping you make your well-being a priority. 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 SHBP sponsored onsite screening events?

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

## 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 onsite. To ensure the safety of everyone, we have updated our event guidelines as follows:**

- We follow all CDC recommendations regarding protective gear and preventive safety measures.
- Quest providers cannot come to work sick and/or experiencing symptoms.
- All equipment, including tables and chairs, provided for the specimen collection at onsite events are disinfected after each participant.

## How can Site Coordinators help?

- Reserve space for the event that will allow stations to be 8-10 feet apart.
- Be available during the event to answer questions and help employees sign in.

The 2026 incentives do not apply to covered dependent children or members enrolled in the Kaiser Permanente and 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 © 2026 Sharecare.