**Biometric Screenings and Health Risk Assessments**

To assist you in getting a clearer picture of your current health and to assist the Wellness Committee as we build our Wellness Programming we will start with Biometric Screenings and Health Risk Assessments.

**How do I sign up?**

- Go to [www.MyInterraHealth.com](http://www.MyInterraHealth.com) and enter your participant login information to access your InHealth DashboardTM.
  - Participant ID: your b number, without the b
  - Password: wellness
  - Company ID: MMSD

- Click Appointments at the top of the screen to schedule your biometric screening appointment.

- Click Program Documents to view details on how to complete your specific health insurance carrier’s online health questionnaire.

**Who should participate?**
The Biometric Screening and Health Risk Assessments are for employees currently covered by a District health plan. We are starting out with just employees to get the program off and running. At a later date we hope to be able to offer the Biometric Screening and Health Risk Assessment to spouse’s and possibly retirees.

**Do I have to participate?**
No, the Biometric Screening and Health Risk Assessment are voluntary. However, the wellness program includes a 3% employee premium health insurance contribution effective January 1, 2016. Employees can reduce this by participating in the biometric screenings and health risk assessments. As we go through the budget process for next year, our health insurance plans are always subject to change, including contributions, but our goal, both in the wellness program and budget in general, is to minimize the impact on employees.

**BIOMETRIC SCREENINGS**

**What is a Biometric Screening?**
The InHealth BioScreen™ is a series of biometric tests that are used in conjunction with your Health Risk Assessment to get a snapshot of your overall health. Tests include blood pressure, percent body fat, waist circumference, Body Mass Index (BMI), height and weight. A blood sample is also collected to test your total cholesterol, HDL, LDL, triglyceride, and glucose levels. Immediately following your screening, you will have the opportunity to review your results with an Interra Health trained and certified Health Screening Specialist.

**How long will the Biometric Screening take?**
The Biometric Screening is typically 15 to 20 minutes.

**Can I make the appointment during my work day?**
We have tried to schedule Biometric Screenings at all locations. They are scheduled early in the day because you should fast for 12 hours prior to your screening. They are not intended to be during your work day. You should schedule your appointment before your work day at your location or at a different location or during your break or planning time.

**Is the Biometric Screening Confidential?**
Yes. Interra is an outside company that will be performing the Biometric Screenings. At the time of the screening your Interra Health Screening Specialist will give you a summary of your results and a summary of your results will be sent to your health plan. The only information the District and the Wellness Committee will receive is an aggregate summary of the results. These results, prepared by Interra, will enable the committee to plan wellness programming that will assist all of us.

**What if I just had a physical?**
If you have completed your annual physical with your physician within the last three months of the Biometric screening dates, you may submit your results using the Physician Results Form provided by Interra Health. This form is located on your InHealth Dashboard™ under the program documents section. You must attach the printed lab results with the form to receive full credit for your screening.

**Can I choose my own clinic for the Biometric Screenings?**
Yes. You can have the Biometric Screening performed by your clinic and supply the results to Interra on the prescribed form (see above). You will incur the $20 office visit copay for this.

**What if I am pregnant?**
If you are currently pregnant you will not have to do the Biometric Screening, but you will need to set up your secure account on the Interra website and complete a pregnancy waiver form.

**What if I am on a medical leave of absence?**
If you are able to come in to a location for the Biometric screening, you are free to do so or you could submit your Biometrics via the on-line form on Interra’s website. In order to get credit for participation in Wellness you would need to complete the Health Risk Assessment on your health plan’s website. See “Is the Health Risk Assessment Confidential?” below.

**Is there a charge for the Biometric Screening?**
There is no cost to you. We, and your District health plans, believe in the value of the Biometric Screening and Health Risk Assessment. Our District Health plans, Dean, GHC, and Unity have agreed to pay the cost for their members.

**How do I benefit?**
The Biometric screening is sort of a mini-exam, without the $20 office visit copay. This provides you with confidential results that will alert you to risk factors that could lead to future disease and will enable you to proactively address those risk factors. The Biometric screening will also
give you a baseline assessment against which you can measure in the future to monitor your health over time. Results of the biometric screenings will also be used in summary to help design the wellness program so that it is tailored to MMSD employees.

**When will these be done?**
Biometric Screenings will be starting February 24 and will continue at various locations until April. Within the next two weeks, Interra will be sending you an email with more information about Interra, their website, how to sign up for screenings and the times and locations of the screenings.

**HEALTH RISK ASSESSMENTS**

**What is a Health Risk Assessment?**
A Health Risk Assessment is a questionnaire that each participant completes answering questions about health history, and lifestyle factors such as stress, nutrition and safety practices.

**Is the Health Risk Assessment Confidential?**
Yes, you will do your Health Risk Assessment directly with your District health insurance provider, Dean, GHC or Unity. If you have not already created a secure “My Chart” account with your health provider you will need to first set that up. Then each provider has a Health Risk Assessment you will complete with them directly.

**Is there a charge for the Health Risk Assessment?**
No, there is no charge for the Health Risk Assessment, in fact you may be paid to complete your health risk assessment directly by your provider.