



IMPORTANT INFORMATION

WELLNESS PROGRAM OF THE ARCHDIOCESE OF CHICAGO

We are very excited to announce that beginning March 2017 the Archdiocese of Chicago is once again offering **all benefits eligible employees covered under a BCBSIL health plan (PPO, HMO IL, or Blue Advantage HMO)** the opportunity to participate in our wellness program. The program will include biometric screenings which will be held during March and April of 2017. No large needles will be used to draw blood from your arm. The screening will be performed with a simple finger prick. A Health Coach will review your results with you at the time of your appointment. If you participate, a \$75 gift card will be sent to you as an incentive. There is no need to fast for the basic test. However, if you do choose to fast for at least eight hours prior to the screening, you will receive additional testing results. Either way, the screening will be provided at no cost to you.

Many employees are not aware of their blood pressure, cholesterol or blood sugar levels. Onsite health screenings provide a convenient way for employees to learn more about their health and potentially prevent the onset of illness and disease. Interactive Health in partnership with Blue Cross Blue Shield of Illinois and the WellOnTarget wellness platform will be supporting the biometric screenings and the wellness program's educational component.

All benefits eligible employees covered under a BCBSIL health plan (PPO, HMO IL, or Blue Advantage HMO) can participate in the wellness program. To register in the biometric screenings you must schedule a time and date through the Interactive Health website at <https://www.hsscreeningreg.com> and enter the following username and password (case sensitive):

- login: aoc
- password: healthy

An Online Registration Website Guide is attached to this announcement that provides additional information about the registration process. Please note that you will be asked to enter a PIN on the registration form once logged in.

If you had not previously registered for the biometric screening conducted last year, you will need to select the **New Customer Account Creation** option to create a new account. If you had previously registered for the biometric screening conducted last year, use the **Existing Customer Sign In** option and enter the same PIN you used last year. If you forgot your PIN, click on the "Forgot PIN" link.

Once you have registered you can see the available locations, dates, and times, to determine which best meet your needs.

If you are unable to attend one of the health screening events at an Archdiocesan location, you can still participate in the program by printing a voucher from the Interactive Health Portal to have a screening performed at a LabCorp location, or to print a form to have your doctor complete a similar screening.



We strongly encourage you to visit and register at the Interactive Health website as soon as possible to ensure you can secure a date and time that is convenient for you.

If you have any questions, please contact Mel Stasinski at 312-534-5386, mstasinski@archicago.org.

FREQUENTLY ASKED QUESTIONS

1. Can I eat prior to my health screening*?

There will be both fasting and non-fasting options available. If you choose to fast you will receive additional results.

2. Will my health information be held confidential?

Yes – by law the contracted vendor conducting the health screenings, Health Solutions, Inc., must protect your privacy in these matters and will hold all information confidential. No individual information will be disclosed without your written permission. Health Solutions will prepare a company-wide group aggregate report illustrating the top health risk categories for the work site.

3. Are the results accurate?

Health Solutions adheres to the most stringent guidelines for quality control and assurance. The technology behind the testing performed is very accurate with a 3% margin of error.

4. I don't like to have blood drawn. Will this test hurt?

No. A simple finger prick technology is used, so no large needles are used to draw blood from your arm. With a simple finger stick, we will analyze your blood in about 5 minutes. You will be given your total cholesterol and blood sugar levels and can also obtain information on helpful strategies to lower your blood pressure and blood lipid levels.

5. Will I be able to talk to someone at Health Solutions about my results?

Yes! Onsite staff will review your results and explain what your numbers mean. In addition, they will provide you with helpful resources that can assist you in improving your health.

* Worksite Wellness events and screening are conducted by Health Solutions Services, Inc., a third party vendor. The information you receive at health screenings or worksite wellness events is intended to complement – not take the place of – the recommendations of your health care provider. Consult your physician before making major changes in your lifestyle or health care regimen.

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