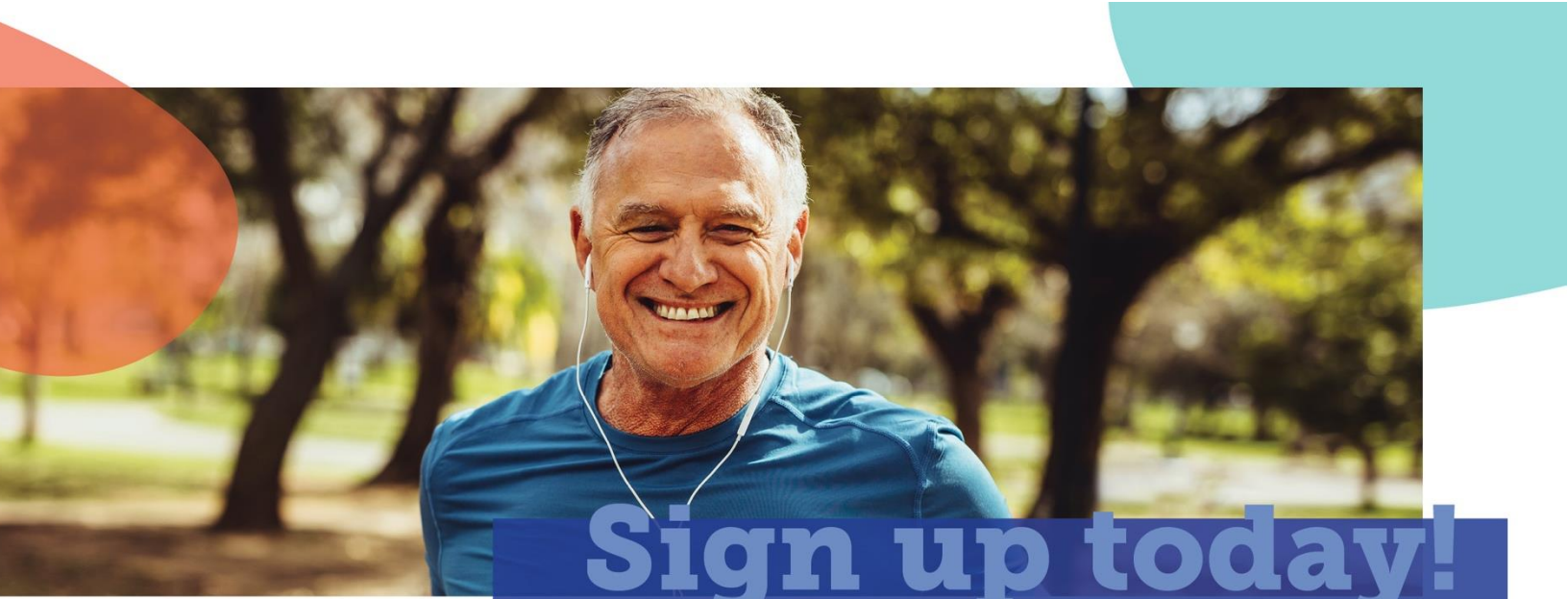




**Ready to
Reach Your
True Potential?**

2021 Onsite Screening/Flu Guide





Sign up today!

WHAT IS THE WELLBEING ASSESSMENT? It's a two-part review of your current overall wellbeing. It includes a simple **biometric screening** that is done onsite or at an outside lab. Screenings check your blood pressure and 37 different components of your blood, including cholesterol, blood sugar, kidney, liver and other functions, to give you a complete view of your physical wellbeing. There's also an online **Health & Lifestyle Survey** that asks questions about the physical, emotional, social and financial aspects of your life and what your lifestyle choices mean to your current state of wellbeing.



All employees, spouses and dependents age 18 plus are eligible to participate in the wellbeing assessment!



For those that are covered by the IVCC health insurance, there is no out-of-pocket cost to you! Those not covered and retirees can participate for \$175.00

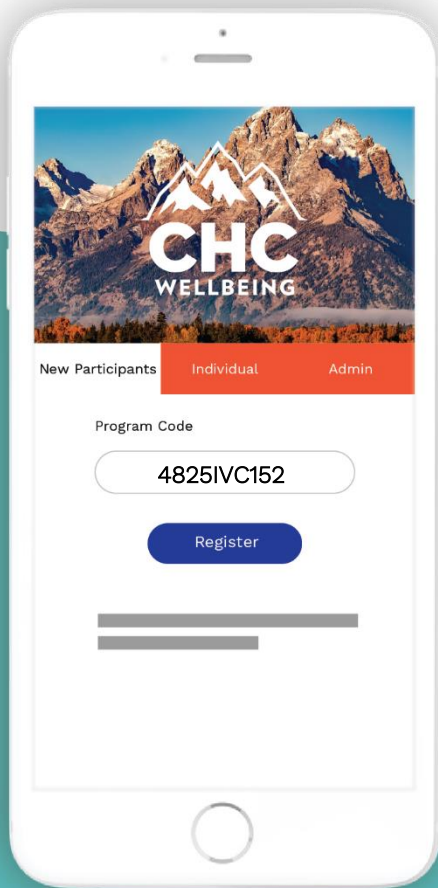


For those insured employees who are screening for the first time, you must complete a wellbeing assessment (screening & HRA) to be eligible to earn a 2% discount on your health premium. For those that screened in 2020, you must also meet your biometric outcomes goal. (see page 7 of this guide)

Screening Dates

Thursday, September 23rd	6:00 am – 12:00 pm	CTC-124 & CTC-125
Friday, September 24th	6:00 am – 11:00 am	CTC-124 & CTC-125
Monday, September 27th	6:00 am – 11:00 am	CTC-124 & CTC-125

To register for the screening, go to app.chcw.com.



New Members

1. Enter your program code **4825IVC152** in the "New Participants" box and select "Register."
2. Complete your registration by creating a CHC user profile to begin your journey!
3. Follow the prompts to schedule your screening and complete the Health & Lifestyle Survey.

Returning Members

1. Enter your username & password in the "Individual Login" box and select "Log in."
2. Enter in program code **4825IVC152** in the pop-up.
3. Complete the cards on your Wellbeing Journey page to successfully register for the screening.



You're successfully signed up for the screening!

If you need help, call 866-373-4242 to sign up for the screening over the phone.



This is a fasting test! For the most precise results, you should fast 10-12 hours before testing. You cannot eat but may drink black coffee or tea (no cream or sugar). If you are on prescription medication, please take your medication as instructed by your physician. If you are diabetic or hypoglycemic, consult your physician for fasting instructions. Be sure to drink plenty of water.

Don't forget your flu shot too!

Flu shots will be available during onsite screenings and have a proven track record to help you and your loved ones stay protected. You can now register for one directly on the portal. For those that are covered by IVCC health insurance, there is no cost to you! For those that are not covered and retirees, the cost for the Quadrivalent flu shot is \$36.00

To sign up for your flu shot, go to app.chcw.com.

New Participants: Enter in program code **4825IVC152** in the “New Participants” box and select “Enter.” Follow the prompts and select the “Sign Up for a Vaccine” card to register for a vaccination.

Returning Participants: Login with your CHC username and password in the “Individual Login” box. Enter in program code **4825IVC152** in the pop-up to view the new portal and select the “Sign Up for a Vaccine” card to register for a vaccination.

Let's fight the flu together!



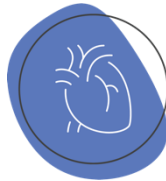


Your Screening



KIDNEY DISEASE

BUN
Creatinine
BUN/ Creatinine Ratio
Phosphorus
Sodium
Potassium
Chloride
Carbon Dioxide
eGFR



HEART DISEASE & STROKE

Blood Pressure
Triglycerides
Total Cholesterol
T. Cholesterol/HDL Ratio
HDL Cholesterol
LDL Cholesterol
Calcium
VLDL Cholesterol
Estimated CHD Risk



LIVER & GALLBLADDER

Bilirubin, Total
Bilirubin, Direct
Alkaline Phosphatase
AST
ALT
LDH
GGT
Albumin
Protein, Total



ANEMIA, INFECTIONS & CERTAIN CANCERS

Iron
Platelet Count
Hemoglobin
Hematocrit
Globulin, Total
A/G Ratio
RBC: MCV, MCH, MCHC, RDW
WBC: Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils, Immature Granulocytes



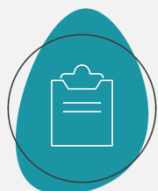
DIABETES

Glucose



NUTRITIONAL & GASTROINTESTINAL DISORDERS

Uric Acid



HEALTH & LIFESTYLE SURVEY

The CHC Wellbeing research-based Health & Lifestyle survey is a questionnaire that assesses lifestyle choices to better evaluate your overall health.



Additional Testing Options

Select your tests online or at the screening. Additional tests can be paid with check, credit/debit card, or FSA/HSA cards at the time of screening. Remote screenings require payment to be made online in advance.

+

HEART HEALTH

Homocysteine \$54

Linked to detecting early development of heart disease influenced by diet and genetic factors.

NMR \$99

Counts the number of LDL particles. Helps the physician determine the LDL lowering therapy.

C Reactive Protein (CRP) \$39

Detects inflammation and infections. Evaluates the possibility of developing heart disease.

+

NUTRITIONAL & VITAMIN

B12 & Folate \$42

Necessary vitamins for red blood cell formation. Detects deficiencies and anemias.

Vitamin D \$40

A nutrient found in the bones and teeth. Used for diagnosing Vitamin D deficiency or excess.

+

CANCER DETECTION/ OTHER

PSA (Prostate- men only) \$39

A protein produced by the prostate gland. High levels may indicate prostate enlargement or cancer.

Blood type & RH typing \$25

Determines blood type. A, B, AB, O and if an individual is RH negative or positive.

+

DIABETES DETECTION

Hemoglobin A1c Included

Measures average level of blood sugar over the past 2-3 months. Used to diagnose Type 1 & Type 2 diabetes.

+

DIGESTIVE HEALTH

Gluten allergy \$29

For individuals with suspected sensitivity to gluten. May help diagnose celiac disease.

H. pylori \$41

Detects infection of the gastrointestinal (GI) tract caused by the bacteria. Infection can lead to ulcers.

+

HORMONE

Testosterone \$42

A hormone found in men and women. Detect impotence in men and decreased libido in women.

TSH (THYROID) Included for Females 40+

The thyroid gland stores and produces hormones that affect the function of virtually every organ in the body. An underactive thyroid is associated with: depression, weight gain, diabetes, and fatigue. Thyroid disease affects both men and women.



SARS-CoV-2 Antibody, IgG \$105

Qualitative detection of IgG antibodies to SARS-CoV-2, the virus that causes COVID-19, to help identify individuals who have been exposed to the virus. Serologic results should not be used as the sole basis to diagnose or exclude recent SARS-CoV-2 infection. This test is recommended in individuals at least 10 days post symptom onset or following exposure to individuals with confirmed COVID-19.

Reaching Your True Potential

Has Never Been More Rewarding!

1

HEALTHY

Member is in range for **four of the five** health categories (listed below) for the 2021 wellbeing assessment.

2

IMPROVEMENT

Member has improved by 5% on **four of the five** health categories (listed below) on their 2021 wellbeing assessment as compared to last year's results.

3

REASONABLE ALTERNATIVE

If you are unable to achieve the standards for the reward under this program, please go to Settings on your CHC portal and select "Reasonable Alternative." Submit your request within 30 days of your screening. If you are unable to submit the request through your portal, please call CHC at 866-373-4242.

You must submit a request for a Reasonable Alternative by October 30, 2021.

Category	Range
Glucose	Less than 100 mg/dL
Triglycerides	Less than 150 mg/dL
Systolic Blood Pressure	Less than 130 mmHg
Diastolic Blood Pressure	Less than 85 mmHg
LDL Cholesterol	Less than 130 mg/dL



Log in to your CHC portal and select the points tally at the top of the screen to learn more about how to earn points.



Got Questions?

We Have Answers!

For more information call



866-373-4242



How do I update my onsite appointment or access the forms for a Remote or Physician screening? Select the 'Complete Your Screening' card on your journey page to update your appointment time/location or access the forms needed for a Remote or Physician screening.
NOTE: You must complete your health & lifestyle survey first in order to access your forms.



What data should I have ready when completing the Health & Lifestyle Survey? When completing the Health & Lifestyle Survey online or at the screening, you will be asked to submit your height, weight, and waist measurements. If you are unsure of your waist measurement, use a measuring tape to measure your waist's circumference, which is slightly above your belly button.



What if I am unable to attend the onsite screening? You can still complete an assessment at an offsite location. Follow the instructions on page two of this guide to sign up on the CHC portal. When prompted to select a location, click "remote" for your screening appointment. Print out the two forms that you will need to take to a local LabCorp facility or Midtown Health Center. You must visit a local LabCorp facility or Midtown Health Center by **September 30, 2021**.

Note: Blood pressure readings may not be available to be taken at remote laboratory locations. You will be prompted to enter it during registration. If a blood pressure measurement is not entered, you will be marked as unknown. This may also disqualify you from an incentive which may be offered by your company. We encourage you to visit a local pharmacy, physician, etc. to get a reading completed.



Can I send a copy of my results to my physician? YES. If you would like to send a copy of your lab results to your physician, please provide your doctor's first and last name and fax number when you schedule your screening. You can also bring this information to the onsite screening or email your results to your physician at any time on your CHC Wellbeing portal.



Is the wellbeing assessment confidential? All of your results are confidential and protected by federal law. CHC does NOT send your individual health data to your employer or insurance provider. Your employer will only view de-identified, aggregated health data from wellness participants. In addition, CHC will not, under any circumstances, sell or rent your health data to any outside third party. To learn more about how your health data is protected, go to **hhs.gov/hipaa**.



When will my results be available? You will have access to your results and other health information online at app.chcw.com within 3-5 days after your screening.



Is this a drug test? NO. Your wellbeing assessment is intended to help detect the early stages of disease and disorders only.