

Sign up today to take part in a

REMOTE WELLBEING

ASSESSMENT

and start your path to
true potential!



WHAT IS THE WELLBEING ASSESSMENT? It's a two-part review of your current overall wellbeing. It includes a simple **biometric screening**. 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.

REMOTE WELLBEING ASSESSMENTS MUST BE COMPLETED BY OCTOBER 30, 2020



WHO CAN PARTICIPATE?

All Employees, spouses & their dependents age 18+ and retirees are eligible to participate in the wellbeing assessment.



WHAT IS THE COST TO PARTICIPATE?

For those employees, spouses and their dependents age 18+ covered on the IVCC health insurance, there is no out-of-pocket cost to you! For those employees, spouses and dependents age 18+ not covered by the IVCC health insurance as well as retirees, the cost is \$175.00



WHAT DO I EARN IF I PARTICIPATE?

Any insured employee that complete a wellbeing assessment (online health risk assessment and biometric screening) will be eligible to earn a **2% discount** on their health premiums.

REGISTRATION:

- Go to app.chcw.com
 - **If you have already created your account**, login with your username/password and click ‘Schedule Your Screening’
 - **If you have NOT yet created an account**, enter in program code **4488IVC152** in the “New Participants” box and follow the prompts to register
- When prompted to pick a screening location, select ‘Remote’
- Upon completion of the Health & Lifestyle Survey, you will be prompted to print your lab forms.
- To complete your wellbeing assessment through **Midtown Health Center**, you must follow the instructions below:
 - Midtown Health Center has availability Monday – Friday from 7:30am – 4pm
 - An appointment is not necessary but you can schedule one by calling 815-220-0075.
 - You must present the CHC lab requisition form at your visit
 - The Midtown Health Center is located at 1650 Midtown Road, Peru, IL 61354

If you need help during the registration process, call CHC Wellbeing at 866-373-4242.



DON'T FORGET! This is a fasting test! For precise results, please fast 10-12 hours before testing. You cannot eat but may have water, black coffee or tea (no cream or sugar). **Be sure to stay hydrated starting the day prior to your screening in order to facilitate an easier blood draw.** If you are on prescription medication, please take your medication as instructed by your physician. Consult your physician if you are diabetic or hypoglycemic.

PHYSICIAN CONNECT:

If you would like CHC Wellbeing to fax a copy of your lab results to your personal 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.

CONFIDENTIALITY – IT'S THE LAW:

All of your results are confidential and protected by federal law. CHC does NOT send your individual health data to your employer. 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.

TAKING PART IN THE WELLBEING ASSESSMENT GIVES YOU ACCESS TO:

- **PERSONAL HEALTH REPORT**
- **CHC MEMBER PORTAL**
- **REWARD OPPORTUNITIES**
- **HEALTHY RESOURCES**