

## What is a Health Appraisal?

A Health Appraisal is a voluntary personal health screening that will give participants a snapshot of their current health status and help identify any health risk factors.

- Helps you become aware of your health needs and lifestyle practices
- Provides a “wellness score”
- Identifies your “health age”
- Guides you in achieving and maintaining good health
- Identifies areas that need medical follow-up
- Provides an individualized report to share and discuss with your primary care provider

## What are the components of the Health Appraisal?

### 1. Online Health Questionnaire

- The online health questionnaire is easy and convenient to answer from any computer, tablet or smart-phone. The time it takes to complete is approximately 20 minutes. Questions on risk topics include coronary, cancer, diabetes, osteoporosis, nutrition, fitness, stress and coping, safety, weight management.
- The online health questionnaire should be completed prior to your health appraisal.

### 2. On-site Health Appraisal Appointment (Biometric Screening and Health Education)

- The on-site Health Appraisal appointment includes a biometric screening and review of your results and personalized health report with a health educator.
- The Health Appraisal will last approximately 30 minutes
- The biometric screening includes:
  - A blood pressure check
  - Height, weight and waist measurements
  - A simple fingerstick blood test to measure:
    - Total cholesterol, HDL, LDL and triglycerides
    - Blood glucose

### 3. 30 Minute Coaching Sessions

- The Coaching session will take place On-site or telephonically with Coach Colleen. Schedule through the Wellness Portal. The deadline for coaching to be completed is November 30, 2021

## What are the benefits of participating?

- Taking part in the Health Appraisal process is a way for you to become aware of your current health status, identify areas of risk and guide you in maintaining or achieving good health.
- For those who score 75 or greater, or those who have a score less than 75 and complete the alternative activities, your insurance deductible will be reduced.
- New for 2021: Three Tier Incentive:
  - **Bronze** – No participation in the health appraisal or incomplete online health questionnaire = \$1900 single/\$3000 family deductibles
  - **Silver** – Participation in the health appraisal with a PHRS below 75 but do not complete coaching/challenge activities = \$950 single/\$1500 family deductibles
  - **Gold** – Participation in the health appraisal with a PHRS of 75 or higher and/or coaching/challenge activities completed = \$475 single/\$750 family deductibles
- Couples on the health plan will not earn a reduced insurance deductible if one or both do not attain a PHRS of 75 or greater and do not complete the alternative activity options.

## Do I need to fast before my Health Appraisal appointment?

- Fasting is requested. You should fast for 8-12 hours prior to your health appraisal appointment. No food or beverage other than water, and take medications as prescribed.

## Who can participate in the Health Appraisal?

- Employees, spouses and retirees.

## Is the Health Appraisal confidential?

- Your personal health information is confidential and not shared with your employer or health insurance provider.

## What will my employer receive?

- Your employer will receive an aggregate report that provides a statistical picture of the health status of the organization as a whole. This information may be used to plan appropriate wellness opportunities for the company.

## Will I be able to complete the Online Health Questionnaire and Health Appraisal during work time?

- Employees may complete the questionnaire and health appraisal within their normal working hours, and with their supervisor's approval to ensure coverage.

## When will the health appraisals be offered at my workplace?

- July 20 - 6:30am-10:30am
- July 21- 6:30am-10:30am
- July 22- 7:30am-10:30am
- July 24- 6:30am-10:30am
- July 26- 6:30am-10:30am

## Do I need to make an appointment?

- Yes. You must schedule your appointment online using the link provided in the Wellness Portal ([workforcehealth.org/Hartford](http://workforcehealth.org/Hartford)).
- **No Walk In appointments.**

## What information do I need to schedule my appointment?

- Your 8 Digit UMR Member ID Number
- An individual email address

## What if I am unable to attend the Health Appraisal on the date(s) my organization has scheduled at my workplace?

- You may submit biometric results obtained by your primary care provider. Download the Biometric Verification Packet located on the Wellness Portal.

## If I am pregnant, do I need to participate?

- Pregnant participants may go through the health appraisal process the same as non-pregnant participants. If you know your pre-pregnancy weight and waist measurement, you may use those.

## Questions:

Please Contact Workforce Health at 414-777-5890



**Workforce Health**