

2018 BIOMETRIC SCREENING EVENTS: FAQs

TOP REASONS TO GET YOUR BIOMETRIC SCREENING

- Learn about your health risks.
- A chance to qualify for the 2019 Wellness Rate - a premium reduction of \$40 a month/ \$480 a year!

Q. Where and When do I get my Biometric Screening?

Biometric Screening Events will be held at various County facilities, between February 13-23. You must pre-register for a 15-minute appointment and come at your scheduled time (NO early arrivals for your appointments please). [Click HERE](#) for the schedule of Biometric Screening Events, and to reserve a 15-minute appointment.

Q. Who is eligible to participate in the Biometric Screening Events?

All employees that were hired before January 15, 2018, may participate in the onsite biometric screening events (Feb 13-23), and are required to get screened by March 1, 2018, as a required component of the Wellness Rate Program. Spouses are encouraged to get screened, but are not required. Employees hired after January 15 are still eligible for the 2019 Wellness Rate, and may submit a [Physician Form](#) by the established deadline for their hire group. See the 2018 BAM Program Guide for more information.

Q. I missed my scheduled appointment, or forgot to fast. What should I do?

Please register for another 15-minute appointment at a Biometric Screening Event.

Q. I would rather get a Biometric Screening with my personal/family doctor. Is this okay?

Yes, you may work with a different Medical Provider to complete the Biometric Screening. Download the [Physician Form](#) and follow the steps for submitting the form by the established deadlines.

Q. I will be out on pre-scheduled PTO during the Biometric Screening Events (Feb 13-23). What should I do?

Please complete a [Biometric Event Exception Request Form](#) and submit to Sarah Morales. Once approved, you will be contacted by a member of the Wellness Clinic to schedule a Biometric Screening at the Wellness Clinic. We recommend that you submit the form as soon as possible, to allow time for an appointment to be scheduled.

Q. How do I prepare for my Biometric Screening?

Before your screening appointment you are required to fast for 8-10 hours.

- DO NOT eat or drink anything except water
- DO take all medications as directed by your physician(s) as you normally would
- DO drink plenty of water before your screening to stay hydrated
- DO wear a loose-fitting shirt that allows you to roll up your sleeve for a blood pressure check

Q. I didn't meet 2 out of 5 Biometric Criteria. Can I still qualify for the Wellness Rate?

If you are unable to meet the criteria, you still have the opportunity to qualify for the Wellness Rate by meeting with a Healthcare Provider at the Wellness Clinic, sharing your biometric results and discussing goals and recommendations to improve your health. See the [Reasonable Alternative form](#) for more information and important deadlines.

2018 BIOMETRIC SCREENING EVENTS: FAQs

Q. How do I qualify for the 2019 Wellness Rate? (\$40 premium reduction on medical insurance plan).

Access the Viverae wellness portal to complete the program requirements:

- Complete a Member Health Assessment (short online health survey in the Viverae wellness portal)
- Complete two age/gender-specific preventive exams (such as an annual physical, dental exam, and other)
- Be Tobacco Free or complete an online 4-week tobacco cessation program
- Meet 2 out of 5 Biometric Criteria*
 - BMI below 30 or 5% improvement;
 - Blood Pressure below 130/85 mmHG or 10% improvement;
 - Cholesterol below 200 mg/dL or 10% improvement;
 - Triglycerides below 150 mg/dL or 10% improvement;
 - Blood Glucose below 100 mg/dL or 10% improvement

*if you don't meet 2 out of 5 criteria, you still have the opportunity to qualify for the Wellness Rate by completing the Reasonable Alternative requirements.

Refer to the 2018 Wellness Program Guide for more information. Requirements and deadlines may vary by hire date.

Q. I'm pregnant/recently post-partum (≤3 months), and am worried that the results of the biometric screening may be skewed, and will disqualify me for the Wellness Rate. What can I do?

Pregnant and post-partum women (≤3 months) qualify to complete a pregnancy exemption, as lipid levels increase during pregnancy and may not return to normal until several months post-partum. Please download the Pregnancy Appeal Form and follow the instructions for submitting it.

Q. I have a medical condition that will prohibit me from qualifying for the Wellness Rate. What should I do?

While achieving specific biometric standards is important to reduce risks and improve overall health, there may be some medical situations where doing so may be unreasonably difficult due to a medical condition or it may be medically inadvisable. You may complete an Appeal Form through Viverae. Please contact Sarah Morales at smorales@larimer.org or 498-5984 for additional information.

Q. Does my Spouse need to complete the Biometric Screening?

Spouses DO NOT need to complete a Biometric Screening for employees to be eligible for the 2019 Wellness Rate; however spouses ARE required to do a Biometric Screening on an annual basis at the Wellness Clinic. Spouses may participate in the mass Biometric Screening events, or may be screened at the Wellness Clinic. (This should be done in combination with another appointment at the Wellness Clinic.)

Q. Does Larimer County see my health information?

Please be assured that the only information Larimer County will receive (or will request) is whether or not a participant meets the overall Wellness Rate requirement, not how a person meets it or which criteria he or she has met. Larimer County will not receive any identified medical information.

For additional questions, please contact:
Sarah Morales, smorales@larimer.org, 498-5984
Jennifer Fairman, jfairman@larimer.org, 498-5983.