

# On-Site Wellness Screening & Wellness Coaching

## Frequently Asked Questions

### WELLNESS SCREENING

#### **What is the purpose of on-site wellness screening?**

On-site wellness screening is a way for employees to complete a biometric screening at a district worksite and time that is convenient for them. Busy employees often report that they do not have time to go to the doctor for the preventive care and tests they need. By participating in an on-site wellness screening, you don't have to travel to your doctor's office or pay any out-of-pocket costs.

Biometric screening is a short health assessment that determines the risk level for certain diseases and medical conditions. This screening helps you know your numbers by measuring key health stats such as blood pressure, percent body fat and cholesterol. The screening will help participating Fresno Unified employees evaluate their personal health status.

The purpose of on-site wellness screening is to:

- Raise awareness of health indicators
- Offer education on why you should “know your numbers”
- Offer education to help employees understand what their wellness screening results mean
- Provide information on how positive lifestyle choices can impact your wellness
- Provide resources available through the WellPATH Employee Wellness Program to assist employees in making positive lifestyle changes

#### **Who can participate in the on-site screening?**

The WellPATH sponsored screenings are designated for active employees, spouses, domestic partners, and early retirees covered by the district's health plan. Early retirees covered by the district's health plan may also participate.

#### **Can my spouse or same sex domestic partner participate?**

Spouses or same sex domestic partners of active employees and early retirees that are covered by the district's health plan are also eligible to participate.

#### **If I get my screening on-site through the WellPATH Employee Wellness Program how much will it cost?**

**FREE!!!** There is no fee for the screenings provided on-site through the WellPATH Employee Wellness Program so long as the individual is covered by the district's medical plan (Anthem or Kaiser).

#### **When is the screening?**

Screenings will be provided during the months of February and April at locations around the district. Participation is voluntary but highly encouraged.

#### **Can I schedule my screening anytime?**

Eligible participants can schedule their screening during any of the clinics offered around the district. Eligible employees may receive **one** free screening per school year.

#### **Where are on-site screenings available?**

To view the screening schedule and locations, visit [www.JHMBHealthConnect.com/wellpath](http://www.JHMBHealthConnect.com/wellpath)

### **How long will my screening last?**

Each screening lasts 10-15 minutes from start to finish, waiting time may vary.

### **What is included in an On-site wellness screening?**

An On-Site wellness screening will typically include the following:

- Body Composition Screening – includes height, weight, body mass index, body fat %, waist:hip ratio and waist circumference
- Blood Pressure Screening
- Fasting Glucose
- An HbA1c test may be performed if you have diabetes or to assess blood glucose management
- Cholesterol Screening. A comprehensive lipid panel will be performed which consists of:
  - ✓ HDL (the “good” cholesterol)
  - ✓ LDL (the “bad” cholesterol)
  - ✓ Total Cholesterol
  - ✓ Triglycerides
  - ✓ And other blood lipid indices that assess risk of cardiovascular disease
- An onsite health educator will be available free of charge to discuss any questions you may have about your health risks.
- Additionally, you will have access to a wellness coach after the event to help you reach your personal wellness goals.

### **Will the lipid panel be done using a finger-stick or blood draw?**

Veni-puncture, or blood draw testing, has been shown to be more accurate and precise. While the finger-stick method can provide participants with a good “snapshot” of their health and can provide you with immediate results, the WellPATH Employee Wellness Program has chosen to use a blood draw to ensure that screening participants are getting the most reliable and accurate results possible. Additionally, the blood draw will provide additional information that improves the ability to predict heart disease and diabetes risk to a far greater number of participants than the traditional finger-stick.

### **How much does the screening cost?**

**FREE!!!** The screening is free to employees covered by the district’s health benefit plan. Covered spouses, domestic partners and early retirees are also eligible to participate at no-cost. The screening is sponsored by the Joint Health Management Board’s WellPATH Employee Wellness Program.

### **Who will be administering my screening?**

Your screening will be administered by a qualified individual that specializes in on-site screening services. WellPATH has partnered with Pinnacle Training Systems, a wellness vendor based in Fresno. Pinnacle has a team of professionals specifically trained and educated in preventative medicine. Pinnacle applies scientific principles to each and every program and service offered, giving individuals a clear way to identify and achieve their goals and reach their wellness goals.

### **Will I need to fast before my screening?**

Fasting is not required for blood lipid or A1c testing, but is required to blood glucose.

### **Can I drink water if I am fasting?**

Yes, you should drink plenty of water prior to your screening. Please continue to take any prescription medications as prescribed.

### **Who coordinates this program?**

The WellPATH Employee Wellness Program, a program created by the Joint Health Management Board of Fresno Unified School District, coordinates the district-wide effort. Please note that WellPATH will NOT have access to your screening results.

### **Will this program have an impact on my premium payment through the medical plan?**

No, the program is independent of the health plan and Fresno Unified School District health benefits.

### **What do you do with my health information?**

The Joint Health Management Board of Fresno Unified School District and the WellPATH Employee Wellness Program treat your wellness screening information in accordance with HIPAA guidelines. Here is how your data will be retained:

- Pinnacle Training Systems: The WellPATH Employee Wellness Program has partnered with Pinnacle Training Systems to offer on-site wellness screening. Pinnacle Training Systems is a wellness vendor based in Fresno and has a team of professionals specifically trained and educated in preventative medicine and worksite wellness. Pinnacle will record the screening data in its secure online data portal. The online data portal is a stand-alone database under the sole control of Pinnacle Training Systems. The data is retained so that it can be easily retrieved by you, and if you elect to participate in wellness coaching, your screening results will be available at future appointments with your wellness coach.
- WellPATH, JHMB, FUSD: Wellness screening information will NOT be retained by the WellPATH Employee Wellness Program. We recommend you keep a printed copy of your results for future comparison.

Pinnacle Training System will provide participant names to the WellPATH Employee Wellness Program for the purpose of processing the screening incentive. No health information will be given, only acknowledgement of screening completion. Pinnacle Training Systems also provides an aggregate report of the total number of employees screened to the WellPATH Employee Wellness Program. Individual health data is never shared.

### **Is there an incentive?**

Active employees, spouses, domestic partners, and early retirees covered by the district's benefit plan are eligible for a \$25 Visa gift card upon completion of the personal wellness assessment on-site wellness screening, and wellness coaching. Participants must complete the assessment, screening and coaching in order to receive the incentive.

***Please keep in mind that you MUST pre-register for your screening to maintain eligibility for the \$25 gift card incentive.***

### **Can I get my screening through my primary care physician?**

Yes. Employees seeking their screening via their primary care physician are responsible for any applicable co-pay or deductible. *The WellPATH Employee Wellness Program is not responsible for co-pays or deductibles.* Review your plan document for your specific health plan coverage at: [www.jhmbhealthconnect.com/using-plans](http://www.jhmbhealthconnect.com/using-plans).

### **Is this screening mandatory for benefits enrollment?**

The screening is voluntary and is independent of the health plan. You do not need to participate to be eligible for benefits.

### **What happens if I choose not to participate?**

Nothing! This is a voluntary program. You have the option to not participate.

### **Is the screening during work time?**

On-site screening events are scheduled during work hours. Saturday screening events have also been scheduled for those who would like to participate but are unable to attend a screening during work hours. Employees are encouraged to participate during non-work hours, i.e. during lunch, breaks, or before or after the official workday of the employee.

## **REGISTRATION**

### **How do I register for On-Site screening?**

Register for your personal wellness screening by visiting <http://register.asapconnected.com/default.aspx?org=2491>.

If this is your first time registering for a WellPATH service online, you will need to create an account in our online registration system. Step-by-step instructions to guide you through this process are available at on the registration site.

*Please keep in mind that you **MUST** pre-register for your screening to maintain eligibility for the \$25 gift card incentive.*

### **How can I check the date, time and/or location of my on-site wellness screening?**

On-site personal wellness screening events will be held at sites throughout the District from February – April 2014. Please visit [www.JHMBHealthConnect.com/classes-events](http://www.JHMBHealthConnect.com/classes-events) for the latest schedules, times, and to pre-register for your screening.

### **Can I attend an on-site even though I have not scheduled an appointment?**

It is highly recommended that you schedule an appointment for an on-site screening. Some events allow walk-in's to be screened, however space may be limited and registered participants take priority. Please refer to the JHMB website or contact the WellPATH Office to inquire if walk-in appointments will be available.

### **What if I cannot complete my screening during my appointment time or date?**

If you cannot complete your screening during your scheduled screening appointment you may reschedule your screening for a later time or date if available.

### **How do I change or cancel my screening appointment date or appointment time?**

You can change or cancel your appointment date and/or appointment time by contacting the WellPATH Director via email at [Brianne.Jackson@fresnounified.org](mailto:Brianne.Jackson@fresnounified.org) or by calling (559) 801-7781.

### **What if all screening appointments are reserved?**

If you are unable to schedule a screening appointment you may still have the opportunity to complete an on-site screening by participating as a walk-in. However, please be advised that space may be limited and registered participants take priority. Please refer to the JHMB website or contact the WellPATH Office to inquire if walk-in appointments will be available.

## RESULTS

### **When can I expect my results?**

Along with receiving your body composition and blood pressure results on the day of your screening, your lipid profile results will be available within 2-3 days of your screening and will be available to you through a secured website portal.

### **How do I get my results?**

Results will be available on your personal wellness assessment via the secure online portal.

### **Who is providing the results and what is their accreditation?**

The test results are being provided by Pinnacle Training Systems, courtesy of its laboratory affiliation with Atherotec. Atherotech is a fully certified and licensed clinical laboratory, and maintains the highest applicable clinical accreditation in accordance with the Clinical Laboratory Improvement Amendments (CLIA).

### **Who has access to my results?**

Unless you share your results with someone, no one can access your results without your consent; this includes your physician.

### **What should I do with my results?**

We strongly encourage you to share your lab results with your primary care physician, or with a wellness coach that is available to you, at no-cost, through the WellPATH Employee Wellness Program.

## WELLNESS COACHING

### **What is wellness coaching?**

Receive personalized support by a trained and qualified wellness coach. Wellness Coaching is about empowering YOU to positively impact your health habits so you can achieve your personal health goals – whatever they may be.

### **How do I sign up for wellness coaching?**

When you participate in on-site wellness screening, you will be eligible to wellness coaching from a qualified and trained wellness coach for FREE. You will have the opportunity to sign up for coaching during your wellness screen.

### **Who can I contact if I have questions?**

Contact Brianne Jackson, WellPATH Director at (559) 801-7781 with questions and/or concerns.