

2018 ISAC Wellness Program  
Annual Exam

Employees can complete an annual physical between January 1, 2018 and October 31, 2018 and then take a Wellness Assessment through Wellmark.com for a \$100 incentive.

**Your biometric values offer a view of your health, and can suggest if you are at risk for developing certain conditions. If you have questions about your screening results, talk with your health care provider.**

Here are a few Frequently Asked Questions related to Annual Exams that you may have:

**Q. Do local health screenings offered through my county or local hospital count toward the incentive program?**

A. Local health screenings do not qualify toward the program as they aren't submitted through the Wellmark health insurance and don't typically include an extensive consultation with your provider.

**Q. Does the routine physical exam have to be coded routine? Can it be associated with an illness like diabetes and still be covered under the incentive program?**

A. The exam does not have to be routine. However, be aware that services can be subject to co-pay or deductible and/if coinsurance if not coded as routine/preventive.

**Q. Do you need to wait a year between the routine exams?**

A. Routine physicals are allowed under your benefit plan once per calendar year, it is not necessary to wait a full 12 months for your next physical unless it is your doctor's recommendation.

**Q. Do we tell the provider to code the procedures as routine/preventive?**

A. You can discuss with your provider how they code the exam if you feel it should be coded as preventive. If the claim is not coded as preventive you do have the option to self-report the preventive exam through the wellness center reward portal.

Use the below form to gather your test results from your annual physical and place the information into your wellness assessment. Please note your health care provider may not test all of the following based upon your age, gender or family history.

**YOUR SCREENING RESULTS**

Write down your biometric screening results from your health care provider.

**Total Cholesterol \_\_\_\_\_ HDL \_\_\_\_\_ LDL \_\_\_\_\_ TC/HDL Ratio \_\_\_\_\_**

**Triglycerides \_\_\_\_\_ Glucose \_\_\_\_\_ Blood Pressure \_\_\_\_\_**

**Height \_\_\_\_\_ Weight \_\_\_\_\_**

### Why these biometric results are important:

**Cholesterol** – Your cholesterol number includes readings for both HDL (“good” cholesterol), and LDL (“bad” cholesterol), which is a measure of certain types of fats in your blood. The Total Cholesterol/HDL ratio is an important indicator for cardiovascular disease.

**Triglycerides** – Along with your cholesterol levels, triglycerides are an important measure of heart health where excessive levels can be harmful.

**Glucose** – Your glucose reading measures the amount of sugar in your blood, indicating whether you have or may be at risk for developing diabetes.

**Blood pressure** – This reading consists of two numbers: 1) systolic — represents the pressure when the heart beats, and 2) diastolic — signifies the pressure when the heart is at rest. These two distinct values can indicate **an increased risk for heart attack and stroke, as well as other possible health complications.**

**Height and weight** – These measurements are used to calculate your Body Mass Index (BMI), an indicator of your body fat. A high BMI indicates an increased risk of developing a number of conditions associated with being overweight.

Reminder: after your exam be sure to place these results into your online Wellness Assessment on Wellmark.com and if needed self-report your exam.

#### **Q. How do I report my preventive exam?**

A. To receive credit for this activity monthly Wellmark will upload credit based upon claims that have been submitted. To receive credit the claim must be coded as preventive. You can also self-report your routine annual exam through the Wellmark Wellness Center Reward portal. When self-reporting the exam you must enter the date and hit submit. ***This is through the reward portal and NOT the wellness assessment.*** If you have questions on if credit was given please call the Wellness Center Help Desk at 877-252-8412.