

**COMPLETE YOUR BIOMETRIC SCREENING, and FOLLOW-UP (if applicable) BY DECEMBER 08, 2023.**



## Annual Healthy Lifestyle Program Active Employee

# FAQS

*(all City of Bryan employees enrolled in the City's health plan are eligible to participate)*

### How do I participate in the program?

Each year the Healthy Lifestyle Program is offered just prior to the City's Open Enrollment period. If you would like to receive the "Healthy Lifestyle" health insurance premium, you must complete the screening annually. Healthy Lifestyle Program participants currently pay \$180 less per month in premiums than a non-participant. In order to receive the lower premium rate, you must complete the following:

**Biometric Screening** *(please pick one option to have this completed. All screenings require an 8 hour fast; however, you are encouraged to drink water and take prescribed medications)*

#### ☐ **Option A: Onsite at Various City Locations**

- Staff from CHI St. Joseph will be onsite at various city locations during the month of October to perform screenings. Contact Risk Management to schedule an appointment time by calling 979-209-5055.
- Complete the Wellness Testing Consent Form and self-address your white envelope to your home address. Bring the packet with you to your scheduled appointment. Make sure you are fasting.
- Your results will be mailed to you within two weeks and will indicate if you need to complete a follow-up in order to receive the Healthy Lifestyle Premium. All follow-ups must be completed by December 8, 2023.

#### ☐ **Option B: City of Bryan/BISD Employee Health Center**

- Call 979-821-7690 to schedule a wellness screening appointment. No walk-ins will be accepted.
- Complete the Wellness Testing Consent Form and self-address your white envelope to your home address. Take the entire packet with you to your scheduled appointment. Make sure you are fasting for this appointment.
- Your results will be mailed to you within 2 weeks.
- Your result packet will indicate if you need to complete a follow-up in order to continue receiving the lower premium rate. All follow-ups must be completed by December 08, 2023. In some cases, a telehealth appointment may be appropriate.

#### ☐ **Option C: Utilize your Primary Care Provider (PCP) outside of the Employee Health Center\***

- Call your provider's office to schedule an appointment. Keep in mind, you will be responsible for any co-pay, co-insurance or deductible associated with the visit. Make sure you are fasting for lab work.
- Take the Wellness Screening Form with you to your appointment and have your provider complete it. Make sure your lab dates are July 1, 2023 or after in order for it to count for the 2024 incentive.
- Enclose the completed Wellness Screening Form and signed Authorization for Release of Protected Health Information form in the large white envelope you were provided. The authorization form allows CHI St. Joseph Health to notify Risk Management you have completed the screening. Self-address the white envelope with enclosed forms and return it to the Employee Health Center or to Risk Management.

**\*Note:** *If you begin the process by seeing your own provider and submit all necessary paperwork, you will not be asked to follow-up. We will assume your provider has discussed any abnormal findings with you.*

See reverse side for additional steps! 

## **Complete Follow-up on Biometric Screening (only if applicable)**

If you are required to follow-up due to one or more of your values falling outside the established parameters, the deadline to do so is **Friday, December 08, 2023**. Your result packet will have clear instructions on what you need to do in order to receive the discounted premium. Please check your packet when it is returned to you at your home address (approximately 2 weeks after you complete your screening). Failure to follow-up in a timely manner will result in paying the standard premiums. Follow-up is required if your:

- Hemoglobin A1C level is 5.7mg/dL or higher (preferred) **OR** Fasting blood glucose level is 110mg/dL or higher
- Total cholesterol is 239mg/dL or higher
- LDL level is 140mg/dL or higher
- Blood pressure is greater than or equal to 140mmHg and/or greater than or equal to 90mmHg

The City of Bryan expanded our Biometric Screening process in 2023 to include additional testing to potentially detect other chronic illnesses or health issues early and while more likely to be treated or managed. These additional screenings include:

- Hemoglobin A1C - It measures your average blood sugar levels over the past 3 months. When sugar enters your bloodstream it attaches to hemoglobin which is a protein in your red blood cells. This test measures the percentage of your red blood cells that have sugar-coated hemoglobin.
- Comprehensive Metabolic Panel (CMP) - It provides important information about your body's chemical balance and metabolism. It measures several body functions and processes, including: liver and kidney health, blood sugar levels, blood protein levels, acid and base balance, fluid and electrolyte balance, and your metabolism. This screening is informational only and abnormalities in these tests will not preclude you from receiving the Healthy Lifestyle Premium.
- Prostate Specific Antigen (PSA) for Men over age 45 - It is used primarily to screen for prostate cancer. The test measures the amount of prostate-specific antigen is in your bloods circulation. This screening is informational only and abnormalities in these tests will not preclude you from receiving the Healthy Lifestyle Premium.

If you have any questions about the biometric screening process, please call Risk Management at 979-209-5055 or email [employeebenefits@bryantx.gov](mailto:employeebenefits@bryantx.gov).

**The City of Bryan/BISD Employee Health Center is located at:**  
**2308 E. Villa Maria Road, Suite 100**  
**Bryan, Texas 77802**  
**979-821-7690**