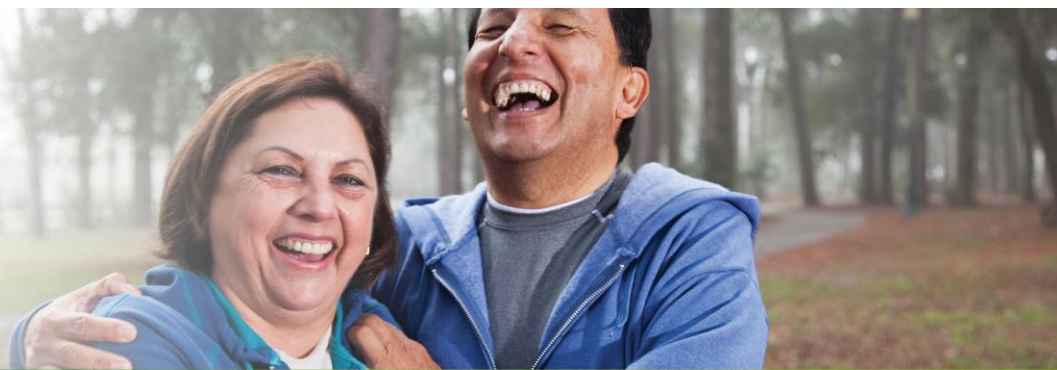


# WHO'S YOUR REASON?

Live well for those you love.



## On-site Health Screening Frequently Asked Questions

### StayWell

#### **Q: Who is StayWell?**

**A:** StayWell is an independent provider of health promotion programs and services. StayWell specializes in helping organizations improve the health and well-being of their participants. Since 1978 StayWell has designed and managed programs for employers throughout the United States.

### On-site Health Screening

#### **Q: Why should I participate in the on-site health screening?**

**A:** Even healthy individuals have discovered areas of concern through an on-site health screening. If your results do not indicate a problem, it verifies your lifestyle is working for you. Your participation will also support your colleagues in making positive lifestyle changes.

#### **Q: Who is eligible to participate in the on-site health screening?**

**A:** The Well Wisconsin Program on-site screening events are typically available to employees and their respective spouse/domestic partner who are currently enrolled in the State of Wisconsin and Wisconsin Public Employers Group Health Insurance Programs. Check with your employer or see the event details in the StayWell wellness portal for any restrictions that may apply to your location.

#### **Q: How do I register for the on-site health screening?**

**A:** To register for the health screening, create an account at [wellwisconsin.staywell.com](http://wellwisconsin.staywell.com), then:

- Click on the screening button located at the top of the page

**OR**

- Click on the *Programs* tab
- Select the screening block
- Click the *Register Now* button for a screening appointment

#### **Q: How long will the on-site health screening take?**

**A:** The on-site health screening will take approximately 20 minutes.

**Q: What values will be measured during the on-site health screening?**

**A:** The on-site health screening includes measurements for:

- Blood Pressure
- Body Mass Index (BMI)
- Cholesterol: HDL, LDL and Total
- Triglycerides
- Glucose

Results will be reviewed during your on-site health screening appointment with a health professional.

**Q: How will my cholesterol and glucose be checked?**

**A:** The fingerstick method is used to collect a sample for cholesterol and glucose testing. This is easy and fast. You will receive immediate results and an on-site consultation with a certified health professional. The screener will “prick” your finger and place the blood sample into the Cholestech machine. The machine automatically reads the blood and provides results within 10 minutes.

**Q: Do I have to fast before the screening?**

**A:** Fasting is not required, but is recommended for more accurate results.

**Q: How accurate is the screening compared to a lab test with my doctor?**

**A:** Health screeners use a Cholestech LDX Analyzer to process results at the screening. The Cholestech LDX matches the percent total error standards recommended by the National Cholesterol Education Program (NCEP), and is certified by the CDC’s Cholesterol Reference Method Laboratory Network (CRMLN), the same requirements to which clinical laboratories are held.

Guidelines set by the CRMLN state the acceptable total error for total cholesterol is < 8.9% with a 95% confidence. This means there may be a slight difference between values obtained in a physician’s office versus the values generated by a Cholestech machine, and even between two tests run on the same machine.

Quality control checks are run on each machine prior to its use to ensure accuracy.

**Q: Will I need to follow up with my physician if any of my screening values are elevated?**

**A:** At the on-site health screening, you may be asked to sign an Immediate Referral Form and you will be advised to follow up with your physician if your glucose or blood pressure values are abnormal.

Quest’s physician network, PWN may also contact you via phone or via a letter (if you are unable to be reached by phone) to encourage you to follow up with your physician if your lab or on-site triglycerides or glucose values are abnormal.

**Q: If I am advised to seek immediate medical attention as a result of elevated values, will my medical expenses be covered by the Well Wisconsin Program?**

**A:** No. You will be responsible for all charges not covered by your health plan. The advice of the screening staff is a recommendation only and should not be treated as medical advice.

**Q: What if I can't attend a screening?**

**A:** If you are unable to attend an on-site health screening you may use results obtained from your health care provider by submitting a Health Care Provider Form. The Health Care Provider Form can be found at **wellwisconsin.staywell.com** on the home page. Click on the Health Screening Options block and download the form.

**Q: Will I have to enter my screening results into the health assessment?**

**A:** If you have not yet completed your health screening, you may self-report values. Once your screening has been completed, results will automatically be uploaded to your StayWell profile within 10 business days. Any previously submitted self-reported values will be overridden with the uploaded data.

Credit from the on-site screening event will be reflected in the StayWell wellness portal within two business days.

## Confidentiality

**Q: Will my screening results be kept confidential?**

**A:** Yes, all information is treated as confidential medical information. You allow StayWell, its vendors, and vendors of the group health insurance program to process this information by signing the Screening Consent Form. Your personal results will not be shared with anyone at your place of employment or with the group health insurance program. StayWell administers the screenings to ensure confidentiality and is held to strict privacy and security laws.

**Q: What if I don't agree with language on the Screening Consent Form?**

**A:** You will need to sign a Screening Consent Form to participate in the screening. If you do not consent, you will not be allowed to participate. StayWell is required by law to receive employee consent prior to obtaining confidential medical information.

## Additional Questions

For more information about the Well Wisconsin Program, including the \$150 incentive, on site screenings and the free resources available to you from StayWell, visit <https://wellwisconsin.staywell.com> or contact the StayWell HelpLine at 800-821-6591.