



On-site Health Screening Frequently Asked Questions

ELIGIBILITY

Q: Who's eligible?

A: City of Saint Paul HealthPartners members who are active employees, early retirees, and COBRA participants.

INCENTIVE

Q: What do I need to do in 2013 to qualify for my incentive?

A: In addition to completing the health assessment and one activity, you need to sign up and participate in an on-site health screening or submit recent results from your doctor. (See health screening section.)

SCHEDULING YOUR SCREENING APPOINTMENT

Q: How do I sign up and schedule my health screening appointment?

A: Registration will be between January 7 and January 18, 2013. Each screening location will have a website to schedule your 10-minute on-site health screening. Once you've scheduled your screening, you'll receive a confirmation email with details, including date, time and location of your screening.

Q: Why do I need to schedule an appointment?

A: It's important to schedule your appointment so we can provide enough staff support and supplies, and avoid wait time. **The last day to schedule your appointment is January 18, 2013.**

Q: What if I need to reschedule my appointment?

A: Let us know in advance. To reschedule, look at the confirmation email you got (from Hooper Holmes) at the time you originally scheduled your appointment. The link in this email will take you back to the appointment sign-up, where you can cancel and reschedule your appointment. If you don't have your confirmation email, please call 651-266-6500 to reschedule.

Q: Can I schedule my appointment at any City of Saint Paul building location?

A: Yes. You may schedule your appointment at any of the City of Saint Paul locations, with the exception of Water. Choose the date and time that work best for you.

Q: Can I schedule my appointment during work time?

A: Yes. You can complete your health screening during work time. Please speak with your manager about the best time to participate.

CONFIDENTIALITY

Q: Does my employer receive any information about me or my results?

A: No. Your personal health information is strictly confidential and will not be shared with anyone at the City of Saint Paul. The Health Insurance Portability Accountability and Act (HIPAA) rules prohibit anyone at your place of employment from receiving any of your personal health information. Your employer will receive only the necessary information to distribute an incentive.

HEALTH SCREENINGS

Q: What is a health screening?

A: A health screening is a way to measure certain health factors. These factors can help identify risk factors for diseases or conditions, like heart disease, hypertension, or diabetes.

Q: What tests will be done during my screening?

A: Body mass index (BMI), a measure of height and weight, blood pressure, cholesterol and blood sugar.

Q: How do I prepare for my screening?

A: You may eat normally on the day of your screening. Don't fast before your appointment. Drink two to three glasses of water before your appointment to make sure that you're well hydrated.

Q: What can I expect during my health screening appointment?

A: Certified health professionals will collect several measurements. They will collect a blood sample from a finger stick that will be used to determine your cholesterol and glucose levels. They will also take blood pressure and measurements of height and weight. All information is kept strictly confidential and complies with the requirements of HIPAA.

Q: How long will my health screening take?

A: The screening process usually takes ten minutes.

Q: When and how will I get the results of my screening?

A: Your results will be available to you immediately after you've completed your health screening. At that time, you'll receive a results form to view privately. Starting in the middle of March 2013, your personal health screening results will also be available in your personal health assessment online at healthpartners.com/wellbeing.

Q: Why are these screenings being offered and what's the benefit to me?

A: The City of Saint Paul has made a commitment to creating a culture of health for our employees. Offering health screenings can provide you with important information about your health. Most of the risk factors identified through screenings have no symptoms, so participating in this event can help identify risk factors for chronic illness. Or, you can simply confirm your health status and gain peace of mind.

Q: Do I have to participate?

A: No. Participation is completely voluntary. However, if you don't participate in a health screening in addition to a health assessment and wellness program, you won't be eligible for the incentive in 2014.

Q: I just had my annual physical or am scheduled to have one soon; can I use the results for my health assessment?

A: Yes. Download a doctor fax form [here](#). Have your physician submit the form with your measures listed. Results can be taken from numbers measured by your doctor from March 1, 2012, through February 28, 2013.

Q: Does this health screening replace going to my doctor for an annual physical?

A: No. Health screenings don't replace a complete preventive annual exam with a doctor. It's meant to alert you to potential risk factors. You're encouraged to follow up with your doctor or other health care professional for more information.