

Save \$500 on Your Premium Charges for Health Insurance



Employees enrolled in the Pinellas County Health Plan have until **December 31, 2016** to complete a biometric screening and online health survey to obtain the 2017 preferred premium.

What is a biometric screening?

- It's a short health examination that indicates your risks for certain diseases or medical conditions.
- The examination includes height and weight measurements, blood pressure testing, and a small blood sample.
- Fasting is recommended.
- The screening provides information to complete your health survey.

What are my options to get a biometric screening?

- Your physician's office
- Local lab (ask your doctor for a lab slip)
- Convenience care clinic (see a list of [local CVS and Walgreens clinics](#))

What biometric screening info is needed to complete my health survey?

- *Required Info:* blood pressure, cholesterol, height, weight
- *Additional Info Requested:* * HDL, LDL, fasting glucose, triglycerides, waist circumference, and dates of your most recent vaccinations such as flu
- See [Know Your Numbers](#) to learn how to interpret your results.

* Annual comprehensive blood work is recommended to detect critical changes in your body. For example, HDL and LDL numbers may indicate high cholesterol, elevated glucose levels can signal early stage diabetes, and high triglyceride levels may be a risk factor for heart attacks.

Is there a biometric screening form?

No. Simply request the items listed above.

What is the health survey?

- Previously called a health assessment, the survey is an online questionnaire that provides a private personal health checkup.

- The health survey can jumpstart your personal action plan by providing suggested [Rally missions](#) (activities), help you learn about possible risks or medical conditions, and improve your next physician visit.
- Visit www.myuhc.com to access a link to the [Rally website](#) to complete the health survey after obtaining your biometric screening results.
- Get step-by-step instructions in the new [Rally Help Guide](#).

Is the health survey the same as the Health Record?

No. You need to complete the health survey for the preferred premium in 2017.

The Health Record is an online form which is automatically populated when United Healthcare processes certain claims, or when you choose to add information for your own records.

What is the benefit of completing my biometric screening and health survey?

You will be eligible for a preferred premium in 2017, and avoid a \$500 surcharge. Please note that in 2016, you will not receive reward points or cash for completing a biometric screening or health survey.

Who is exempt from completing the biometric screening and health survey?

Spouse/domestic partners, pregnant employees, employees who begin on July 1 or later, and retired employees do not need to complete these items for a preferred premium in 2017.

What if I need more info or assistance?

Contact the Wellness Program staff at wellness@pinellascounty.org or (727) 464-4049.



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