**Biometric Screening & Health Survey**

**Invest in Your Good Health and Save $500 on Your 2021 Premium**

**IMPORTANT UPDATE – JULY 2020**

We recognize that employees may have concerns about getting a blood sample taken during the COVID-19 pandemic. The requirement to obtain a biometric screening (lab work) has been waived for 2020. The survey is still required.

Employees must complete the Rally health survey by December 31, 2020 to qualify for the 2021 preferred premium.

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**Biometric Screening FAQs**

**What biometric data is requested for my health survey?**
See the list below. **Enter your most recent numbers:**

- Height, weight, blood pressure, total cholesterol, HDL cholesterol (“good”), LDL cholesterol (“bad”), triglycerides (a type of fat) and fasting glucose (sugar)

If you have data for this year, that’s great. If your data is from previous years, that’s okay. Our priority is keeping you safe and healthy during the pandemic so it’s not necessary to get a screening in 2020.

**Am I eligible for the preferred premium if I don’t get a biometric screening done in 2020?**
Yes, if you complete the health survey.

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**Rally Health Survey FAQs**

**What is the Rally health survey?**

- The health survey is an online questionnaire that provides a private personal health checkup. Pinellas County does not receive individual results.
- Complete the health survey in Rally.

- To log into Rally, visit [www.myuhc.com](http://www.myuhc.com) and select the Rally link.
- In Rally, scroll down to Quick Links, select My Profile, and Health Profile. Answer the questions and enter your most recent weight, blood pressure, cholesterol, etc.

**How can I confirm that I completed the health survey in 2020?**

In Rally, select the Rewards tab, select Current Plan and scroll down to the Completed Activities section. Verify that Rally Health Survey has a 2020 completion date and a checkmark (see example).

**Who is exempt from completing the health survey?**

- Spouse/domestic partners
- Employees whose health coverage begins on July 1 or later
- Employees who opt out of the health plan
- Retired employees

**What if I need more info or assistance?**
Contact the Wellness staff at (727) 464-4049 or wellness@pinellascounty.org.

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**www.pinellascounty.org/hr/biometric 7/8/20**