



LifeWise Wellness Program

Biometric Screening

Questions & Answers

What is a biometric screening?

This is a screening that measures blood sugar (also called glucose), cholesterol, and body mass index (BMI).

How is the screening conducted?

A few drops of blood are drawn from your finger. The blood from this fingerstick test is used to measure your blood sugar and cholesterol levels. Your body mass index (BMI) is calculated based on your height and weight.

The screening can be completed in one of two ways:

- You can get screened at the office of your doctor or primary care provider.
- You can order a home test kit to complete the screenings in the privacy of your home.

Do I have to take a biometric screening?

No, participation is completely voluntary. Keep in mind that the biometric screening is one of the wellness activities that you must complete to receive a \$100 Visa® debit card.

Why should I participate?

The biometric screening is one of the wellness activities that you must complete to receive a \$100 Visa debit card. You also get to learn your health numbers. These numbers can indicate whether you may later develop health conditions such as heart disease or diabetes. Knowing your numbers can help you make informed decisions now about lifestyle choices that could help you reduce the risk for some health problems in the future.

Can my spouse, partner, or dependents take the biometric screening as part of the Wellness Program to also get a \$100 Visa card?

No. Only you as the plan's subscriber can earn the \$100 reward for taking the biometric screening and completing all of the Wellness Program activities. Your spouse, partner, or dependents are not eligible.

Will it cost me anything?

If you get screened by your doctor or primary care provider, this screening will be covered in full as a preventive care visit. If your doctor is not in the LifeWise network and/or this visit is not strictly preventive, then you may need to pay an office visit cost share. For the lowest out-of-pocket cost to you, we recommend you use the Find a Doctor tool at lifewiseor.com to find a healthcare provider who is in the LifeWise network.

If you order a home test kit, there is no cost to you.

How do I find a doctor or primary care provider who is in the LifeWise network to give me a screening?

Log in at lifewiseor.com and use the Find a Doctor Tool to find a doctor who is in the LifeWise network.

Will my biometric screening count as an annual preventive visit?

- If you get screened by your doctor or primary care provider, it **will** count as an annual preventive visit.
- If you use the home test kit, it **will not** count as an annual preventive visit.

Scheduling a biometric screening

Where can I go to complete a biometric screening?

You can:

- Get screened at the office of your doctor or primary care provider.
- Complete a home test kit.

How do I schedule a screening with my doctor or primary care provider

Call your doctor or primary care provider to set up an appointment for a screening.

Bring the following to your appointment:

- Your LifeWise member card.
- A printed copy of the [Healthcare Provider Biometric Screening Form](#). You or your doctor can fax the completed form to the number on the form.

How do I take a screening at home?

You can order your home test kit online:

1. Log in at lifewiseor.com.
2. Under Stay Healthy, click Wellness Tools.
3. To order your kit, use the access code in the online instructions.

You must order your home test kit within 30 days after your medical plan starts, and mail in your results by the middle of the following month. There is no cost for ordering a home test kit.

Taking the biometric screening

Do I need to fast before my appointment?

No. Fasting is not required. Both fasting and non-fasting screening options are available. However, a fasting health screening will give you more comprehensive results.

If I choose the fasting biometric screening, what are the rules?

If you choose to fast for the screening, you need to do so for nine hours before your appointment. That means no food or drinks other than water or black coffee during those nine hours.

What are the differences in results between fasting and non-fasting health screening?

Fasting

- Body mass index
- Blood glucose (or sugar)
- Cholesterol:
 - LDL (low density or “bad”)
 - HDL (high density or “good”)
 - Total cholesterol (TC)
 - TC/HDL
 - Triglycerides

Non-Fasting

- Body mass index
- Blood glucose (or sugar)
- Cholesterol:
 - HDL (high density or “good”)
 - Total cholesterol (TC)
 - TC/HDL

Your biometric screening results

How can I use my results?

You can use your biometric screening results to help you complete your online health assessment. Your results may also suggest areas for you to make lifestyle changes that may reduce your risk for developing serious health conditions later.

How long does it take to get my results?

- If your doctor screens you, check with him or her to see when you will receive your results.
- If you screen yourself at home, your results will be mailed to you within 10 business days after your results from the home test kit are received in the mail.

Are my results kept confidential? How will my results be used?

Your individual results will NOT be shared with your employer. However, your health plan may use your results to offer additional health programs that could be beneficial to you.



Discrimination is Against the Law

LifeWise Health Plan of Oregon (LifeWise) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. LifeWise does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. LifeWise provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). LifeWise provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Civil Rights Coordinator. If you believe that LifeWise has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-6396, Fax: 425-918-5592, TTY: 711, Email AppealsDepartmentInquiries@LifeWiseHealth.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Language Assistance

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-596-3440 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-596-3440 (TTY: 711).

注意: 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-596-3440 (TTY: 711)。

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-596-3440 (телетайп: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-596-3440 (TTY: 711) 번으로 전화해 주십시오.

УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером 800-596-3440 (телетайп: 711).

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。800-596-3440 (TTY:711) まで、お電話にてご連絡ください。

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-596-3440 (رقم هاتف الصم والبكم: 711).

ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 800-596-3440 (TTY: 711).

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតល្អល

គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 800-596-3440 (TTY: 711)។

XIYYEEFFANNA: Afaan dubbattu Oroomiiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 800-596-3440 (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung.

Rufnummer: 800-596-3440 (TTY: 711).

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 800-596-3440 (TTY: 711) تماس بگیرید.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-596-3440 (ATS : 711).

เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 800-596-3440 (TTY: 711).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad.

Tumawag sa 800-596-3440 (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 800-596-3440 (TTY: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-596-3440 (TTY: 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-596-3440 (TTY: 711).

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-596-3440 (TTY: 711).