

Vitality Check

Q: What is a Vitality Check? A: A Vitality Check is a blood screening and biometric assessment that measures body mass index (BMI), waist circumference, blood pressure, blood glucose, and total cholesterol. It provides an assessment of an individual's basic health and offers valuable insight into health risks. The measurements chosen for this assessment have been shown through medical research to give participants an easy method to determine current health risks. While simple to measure, these risk factors have great importance for long-term health.

Q: What is the difference between a Vitality Check and a Health Assessment? A: A Vitality Check works with the Health Assessment. You might not know the answers to each Health Assessment question, so having a Vitality Check will provide your actual body measurements and blood chemistry. Vitality Check results are also included in your personal profile. Combining these two assessments means you can go to one location to see your results while you work on improving your wellness habits.

Q: Why should I have a Vitality Check? A: Living a long and healthy life is nothing to take for granted. National research shows that many Americans do not know their true health status. When people reported their level of risk for certain types of disease – like high blood pressure and diabetes – only 11 percent believed they were at risk. But after a biometrics screening, nearly 45 percent learned they were at risk. Knowing a few simple numbers that show your disease risk is the first step toward living a longer, healthier life.

Q: Who is eligible to receive a Vitality Check? A: Any HumanaVitality member, 18 years of age or older, is encouraged to get a Vitality Check.

Q: Is there an incentive to receive a Vitality Check? A: Yes. Even though a biometrics screening is completely voluntary, you can earn a total of 2,000 Vitality Points for completing it. Plus, earn an additional 2,000 points if your biometric results are within a healthy range.

Q: Who conducts the Vitality Check? A: Screenings and tests are provided by medical professionals licensed and trained according to state laws.

Q: Where do I go to get a Vitality Check? A: You can set up your appointment through one of our Vitality Check partners including Concentra® Medical Centers, Walgreen's Take Care Clinics, Kroger Little Clinics, any of the four Frankfort First Onsite Clinics, your local health department, or doctors' offices (a copay may be required at doctors' offices). Click here to see the Concentra locations and instructions.

Q: How do I sign up for a Vitality Check? A: An appointment and program voucher are required for biometrics screenings at Vitality Check partner locations. Go to Screening Locations & Scheduling on the Vitality Check page at our website to find a center near you, schedule your screening, and download an authorization form and voucher. Members should contact their local health department for further instructions and to schedule an appointment. Appointments can also be made at one of the four First Onsite Clinics.

Q: What do I need to bring to the Vitality Check? **A:** You must bring a government-issued photo ID (such as a driver's license), your HumanaVitality ID card, and the appropriate completed form and voucher.

Q: If I go to a Vitality Check partner, how long will my appointment last? **A:** Your appointment should last less than 30 minutes. Before the screener can begin, you'll be asked to complete some paperwork. Your screener will discuss your results with you, highlighting areas of potential health risk. This review is not intended to diagnose a condition, nor provide you medical or treatment advice. Instead, it points out measurements that are out of normal range and reinforces healthy lifestyle practices.

Q: Am I required to fast? What if I have a medical condition that requires me to eat? **A:** Fasting is recommended but not required. If you decide to fast, you must be fasting for 9-12 hours before your Vitality Check (nothing to eat or drink besides water). Some exceptions for fasting: People who have been diagnosed with diabetes, mellitus or hypoglycemia, women who are pregnant and people taking prescription medicines that must be taken with food.

Q: Will there be more than one finger stick when testing blood? **A:** Usually, one finger stick is all it takes, and your wellness screener goes through a great deal of training on how to draw the finger-stick blood sample. Sometimes when the first finger stick does not produce enough blood for the sample, it is necessary to stick a second finger; this is most often related to the hydration level of the participant. So it is very important that you stay well hydrated by drinking plenty of water while you are fasting for your event. Thick skin due to calluses may also require a second finger stick.

Q: How does pregnancy affect my results? (For women) **A:** A woman's baseline weight, abdominal size, and body mass index are all affected during pregnancy. So we cannot reliably interpret these results during pregnancy. Pregnancy also affects a woman's normal physiology. Interpreting these results during pregnancy is outside the scope of the health screening. Please discuss your results with your doctor.

Q: When do I get my results? **A:** At most locations, you receive a "Know Your Numbers" status form immediately after your health screening showing the results of your physical measurements and blood test. Physician offices will normally mail results. Results will upload to your HumanaVitality points statement within a week of visiting a Concentra Partner location; other locations may take 2-5 weeks.

Q: How will my health results be shared with me? **A:** The wellness screener will identify and tell you of risk results related to blood pressure (BP), body mass index (BMI), waist circumference (WC), current tobacco use, cholesterol/lipid values, blood sugar (glucose) and Metabolic Syndrome (MetS). The screener will also discuss how your results compare to ideal values, identify those that are at-risk or extreme values requiring medical follow-up. Based on the Health Assessment screening test results, the screener will address all of your results and may review the importance of managing your weight, stopping tobacco use, making dietary changes, avoiding excess alcohol, getting regular exercise, and following your doctor's guidance as appropriate. Also, the screener will tell you about —alert values, those ranges indicating serious health issues for which you need to seek follow-up medical care right away.

Q: What if my screening shows healthy results? A: You will earn up to 2,000 points for in-range results. In-range results are good for two years, excluding your Body Mass Index (BMI).

Q: Will my results be sent automatically to my doctor's office if I get my Vitality Check at a different location? A: No. However, we encourage you to share these results with your doctor at your next visit, or send a copy of your results to your doctor's office to add to your medical records.

Q: If I have a Vitality Check biometric screening done, and later go to my primary care doctor's office and have lab work done, does the fact that I have had a recent biometric screening affect what my insurance will pay? A: No, your doctor will bill your health insurance and receive payment through Anthem. Your Vitality Check (biometric screening) is billed and paid from HumanaVitality, your wellness benefit.

Q: How will my individual health results be shared with my employer? A: Only a summary report of the entire population is provided. In other words, just total numbers are given to your employer to assist in choosing employee wellness programs and services designed for the needs of the entire workforce. Your individual health information is not shared with your employer.

Q: Why would my results from the Vitality Check be different from results from my doctor? A: The results from any blood test or health screening are a snapshot in time. Your body is dynamic, and biometric values can vary based on physiology, environment, and testing method. For example, your diet over the past two weeks can affect your blood test values. This is why you should be on your normal diet during the two weeks before your screening, plus be fasting at least nine hours (ideally 12 hours) before your screening to get the most accurate blood level values. Similarly, your blood pressure can vary with your emotional state and amount of sodium, or salt, in your diet.

Q: Is my personal health information gathered during the health screening protected in the same way as health information gathered during my visits with my doctor? A: Yes. The Federal Health Insurance Portability and Accountability Act (HIPAA) protects your confidentiality. This law forbids anyone from giving your personal health information, such as your health screening results, to any third parties without your consent.

Q: Is my information secure? A: Yes. The security of your Private Identifiable or Private Health information is our first priority.

Q: Who developed the standards for BMI, blood pressure, etc. (AMA or some other entity)? A: Protocols were developed using nationally recognized standards such as the U.S. Preventive Services Taskforce, American Medical Association, American Academy of Pediatrics, and the American College of Sports Medicine.