

## Details and FAQ's

### About How to Earn Your 2018-19 GFPS Engaged Health Plan Incentive

#### 1. Complete Your Biometric Screening First, if possible

If possible, we recommend that you complete your biometric screening prior to your HRA. This will provide you with current biometric values to enter into the health assessment. Because the screenings are being provided by a new vendor, your biometric values will not be uploaded to your HRA as they were previously.

#### 2. How Do I Schedule My Biometric Screening?

Cascade County Community Health Care Centers will provide biometric screenings October 1 – December 28.

To schedule an appointment at any Community Health Care Center location, call 406-454-6973.

Community Health Care Center locations and hours are listed below. *Please note the Holiday Hours.*

##### **Community Health Care Center Main Clinic**

115 4<sup>th</sup> Street South  
Great Falls, MT 59401  
Hours: Mon – Thurs: 7 am – 6 pm  
Fri: 7 am – 5 pm

##### **School-based Health Center at Paris Gibson**

2400 Central Ave  
Great Falls, MT 59401  
Hours: Mon: 7:30 am – 4:30 pm  
Wed: 9 am – 6 pm

##### **School-based Health Center at Giant Springs**

520 32<sup>nd</sup> Street North  
Great Falls, MT 59401  
Hours: Thurs: 7:30 am – 4:30 pm  
*MUST SHOW ID AT FRONT OFFICE BEFORE ACCESSING HEALTH CLINIC*

You may also “walk-in” to complete your biometric screening without an appointment during clinic hours of operation. Please be aware that walk-in participants may be subject to wait times. Service will be provided first to those who have scheduled an appointment.

##### **Holiday Hours:**

- All CHCC Clinics will be closed for Thanksgiving and Christmas.
- School clinics will be closed when schools are closed.
- The main clinic will be open the day before and the day after Thanksgiving.
- The main clinic will be open the day before and the day after Christmas.

##### **Watch for future updates!**

- CHCC is working on scheduling a couple of Saturdays at Paris' school-based health center and will provide that information when confirmed.

- CHCC is constructing an additional clinic at a new location and will provide that information when the facility is open.

### **3. What Tests Will Be Performed at the Biometric Screening?**

- a) Height and weight will be measured for calculating body mass index (BMI)
- b) Your blood pressure will be measured (please wear sleeves that can be easily rolled up)
- c) A venous blood draw will be taken for the following tests:
  - Total Cholesterol
  - HDL Cholesterol
  - Blood Glucose
  - LDL Cholesterol (if fasting)
  - Triglycerides (if fasting)

### **4. Is Fasting Required?**

- a) Fasting is highly encouraged for accurate test results.
- b) It is not required to meet the requirement for the Engaged incentive.

### **5. How Long Will it Take to Receive the Results of My Biometric Screening?**

The results from your blood draw will be available 3-5 business days after you complete your screening. A nurse from CHCC will reach out to you by phone to communicate your results. A printout of your results will also be mailed to you.

### **6. Can I Get a Flu Shot While I'm at the Clinic for my Biometric Screening?**

Yes! Even better, the cost of your flu shot will be covered at 100% if you're enrolled in a 2018-19 GFPS health plan. Please indicate that you would like to schedule a flu shot when you call to schedule your appointment.

### **7. How Long Will it Take to Complete My Biometric Screening?**

Biometric screening appointments take approximately 20 minutes. Expect to spend a few additional minutes if you chose to receive a flu shot.

### **8. Can I Submit Results from a Previous Health Screening?**

Yes. If you have completed the health screening tests outlined in #3 between June 1 – December 31, 2018, you may submit these results using a Physician Form. The form must be signed by your physician. To obtain a Physician Form, go to <http://gfpsweb.weebly.com/benefits.html>.

Physician Forms should be returned directly to CHCC. Instructions for return will be provided on the form.

### **9. How Do I Complete My Health Risk Assessment?**

You can access the health risk assessment from the Blue Access for Members home page (BAM). You'll find a link to the BCBS "Well on Target" wellness portal or directly to the Health Assessment.

If you don't have a BAM account, use the "Blue Access for Members Registration Member Flier" PDF located on <http://gfpsweb.weebly.com/benefits.html>. There are additional benefits to having a BAM account, listed on the first page of the flier.

You can also access the Well On Target portal directly - see page two of the Well on Target Flier: <http://gfpsweb.weebly.com/benefits.html>.

Regardless of which way you create your account, the same username and password will provide you with access to both Blue Access for Members (BAM) and Well On Target.

If you have questions about the health risk assessment of the Well on Target program, contact BlueCross BlueShield of Montana at 877-806-9380.

## **10. What Happens Next?**

If you successfully complete both activities needed to earn the Engaged incentive by December 31, 2018, you will continue receiving the Engaged premium incentive.

If you or your spouse (if enrolled) do not complete one or both of the activities needed to earn the Engaged incentive by December 31, you will experience a \$55/month increase in your health plan premium contribution effective in January, 2019.

A nurse from a Community Health Care Center may reach out to you to recommend and schedule follow up services if you can benefit from additional services or programs offered by Community Health Care Centers.