

Now is the time to  
discover where  
your health stands



## ThriveOn 2018: Onsite Health Screening Frequently Asked Questions

*Each one of us is responsible for our own health behavior. Your ThriveOn Health and Wellness Program encourages you to know your health status and supports you to make changes to optimize your health and well-being. Check out the information below on how you can get started improving your health.*

### What is a health screening?

A health screening is a short health exam that provides information about your risk for certain diseases and medical conditions. It is not a diagnostic test, but establishes good baseline knowledge of your health. The screening includes body measurements and a simple finger stick to obtain a blood sample. The following measurements are collected and have been chosen because they are the leading indicators for chronic conditions such as diabetes and heart disease:

- Total cholesterol
- HDL
- Total Cholesterol to HDL Ratio
- Glucose
- Height, Weight, Body Mass Index (BMI)
- Waist Circumference
- A1C -\* *Only Employees who show an elevated risk for diabetes based on the questionnaire from the American Diabetes Association during registration will be eligible for an A1C test.*

Health screenings are one part of the 4 Things for \$300 Incentive and Points Bank for 2018. ThriveOn is offering multiple ways to get a health screening: Onsite, At your Physician's Office, LabCorp Patient Service Center.

### Why is a health screening important?

Knowing your health screening numbers is the first step to healthy living. Your numbers help you understand potential health risks, allowing you to create a plan to take action and improve your health. Our greatest asset is YOU! Your health matters and we want to help you achieve your personal wellness goals. We are providing these screenings to help you better understand and manage your health.

### Will my screenings be private?

Yes, screenings will be conducted in a private area with an Alyfe Wellbeing Strategies team member. Our goal is to give you information about your health in an easy, convenient, and private manner.

Now is the time to  
discover where  
your health stands

**ThriveOn**  
Your Health and Wellness Program



### **Who is eligible to participate in the screening?**

All benefits eligible employees and benefits enrolled spouses or domestic partners can participate in the health screenings.

### **How long will the health screening take?**

The onsite health screening will take approximately 30 minutes and will include a health advisor session as a part of the screening.

### **What can I expect on the day of the screening?**

As you enter the testing area, you will be greeted by a staff member who will sign you in and provide paperwork for you to complete and sign. The Alyfe Wellbeing Strategies screening staff will guide you through each station, and you will finish up by reviewing your results and completing a health advisor session. Each participant will receive a brochure with their health screening results to take home.

### **How do I schedule an appointment?**

To schedule an appointment visit: <http://bit.ly/fchealthscreening>. **Walk-ins will not be accepted.** Only scheduled appointments will be available. For assistance, please contact [ThriveOn@franklincountyohio.gov](mailto:ThriveOn@franklincountyohio.gov) or call 614-525-3948.

### **How do I prepare for my non-fasting screening?**

- This is a non-fasting test, so you may eat and drink prior to your screening appointment.
- Drink at least two 8-oz glasses of water 1-2 hours prior to your screening appointment to ensure proper hydration. Being properly hydrated is essential for a positive health screening experience.
- Avoid tobacco at least one hour prior to your screening.
- Do not exercise 12 hours in advance of your screening appointment.
- If you are on medication(s), please continue to take your medication(s) as prescribed. Wear a loose fitting shirt that allows you to roll up your sleeve for a blood pressure check.

### **What if I can't attend an onsite health screening?**

The health screening is connected to the 4 Things = \$300 Incentive and Points Bank. If you cannot attend an onsite health screening event, you have alternative options for completing the screening to receive your incentive.

Now is the time to  
discover where  
your health stands



**1. Medical Provider Health Screening Form**

- Download this form and instructions from <http://thriveon.staywell.com>.
- Please refer to the form for detailed instructions on how to complete and submit.
- **Forms must be received by 08/31/2018.**

**2. LabCorp Screening Voucher**

- Download this form and instructions from <http://thriveon.staywell.com>.
- Please refer to the LabCorp FAQ document for detailed instructions on how to complete and submit.
- **Forms must be received by 08/31/2018.**

**Please do not** fill out a Medical Provider Health Screening Form with your lab information and send to Alyfe Wellbeing Strategies if you are receiving your health screening through LabCorp or through an onsite screening. **Only use the LabCorp Screening Voucher if you are receiving your screening through LabCorp. Only use the Medical Provider Health Screening Form if you are receiving your screening through your medical provider.**

**Will my screening results be kept confidential?**

Yes, all health screening data is your Protected Health Information. You allow Alyfe Wellbeing Strategies to handle this information by signing the Screening Consent Form during your appointment. Your personal results will not be shared with your employer.

**How will my health screening information and points be added to my ThriveOn Incentive Account?**

Alyfe Wellbeing Strategies will obtain your results through a secure database upload that is only accessible by Alyfe Wellbeing Strategies. Your points should appear in your account within 4 weeks.

If your results are not updated 30 days after your blood draw please contact:  
Shannon Pratt - [shannon@alyfewellbeing.com](mailto:shannon@alyfewellbeing.com) – 614-310-2629

**Who is Alyfe Wellbeing Strategies?**

Alyfe Wellbeing Strategies is a vendor that the Franklin County Cooperative contracts with to provide onsite health screenings and health advisor sessions. Alyfe Wellbeing Strategies does not share any of your protected health information with your employer.