

# WELLNESS CREDIT & FREE HEALTH RISK ASSESSMENT FAQ

## What is a Biometric Screening/Health Risk Assessment (HRA), and why do I need one?

The Biometric Screening/Health Risk Assessment (HRA) provides a comprehensive picture of your overall health. This powerful tool helps to identify areas where you can work to improve including high cholesterol, high blood pressure, diabetes, nutritional concerns and many more.

Completing your Biometric Screening/HRA is an important first step on your path of wellness and preventive healthcare. The Biometric Screening/HRA will give your healthcare team opportunity to discuss a plan of action and give you all the tools you'll need. Your Premise Health team is with you all the way, available to work with you personally and confidentially. The Biometric Screening/HRA is FREE to employees & spouses enrolled in the Butler Health Plan.

## What will happen during my Biometric Screening/HRA?

During your appointment, the team will record your blood pressure, height, weight, waist circumference, along with the blood draw. The blood draw will include cholesterol, triglycerides, iron levels, glucose levels, and A1C if glucose is higher than 100, TSH for women over 50, kidney and liver functioning and more.

## When is the time frame to be eligible for the Wellness Credit?

- January 1, 2024 - October 31, 2024

## Who is eligible and when will I receive my \$150 Wellness Credit?

- Employees and/or Spouses in the medical plan are eligible
- The \$150 credit will be applied to your medical plan beginning January 1, 2025 and applied to:
  - Deductible for PPO and HDHP plans
  - Out-of-pocket maximum for TrueCost plan

## Where can I get my FREE Biometric Screening/HRA?

- At the Butler Advantage Health & Wellness Centers located at:
  - **Beavercreek** (937.458.2588): 3040 Kemp Road | Suite 100 | Beavercreek, Ohio 45431
  - **Hamilton** (513.896.2398): 400 N Erie Blvd | Suite D | Hamilton, Ohio 45011
  - **Sharonville** (513.896.2398): 301 Scarlet Oaks Drive | Sharonville, Ohio 45241
- You can schedule your appointment online at [mypremisehealth.com](https://mypremisehealth.com) or by calling the Butler Advantage Health & Wellness Center or by using the My Premise Health App

## What if I cannot get my Biometric Screening/HRA at one of the Butler Advantage Health & Wellness Centers?

- Utilize a local LabCorp facility with special lab requisition (FREE) obtained by contacting the Butler Advantage Health & Wellness Center **by October 1st**

## Can I go to my own Primary Care Provider (PCP) to get my Biometric Screening/HRA?

- Download the Outside Provider form at **Wellness – Butler Health Plan ([bhpoptimalhealth.com](https://bhpoptimalhealth.com))**
- You must return the completed form to the Butler Advantage Health & Wellness Center **on or before October 31, 2024.**

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## What else...

### Can I eat or drink anything before having my Biometric Screening/HRA?

- DRINK PLENTY OF WATER
- FAST (no food or other drinks) for at least 10 hours prior to the HRA
- BLACK coffee can be consumed

### When can I expect my Biometric Screening/HRA results?

- Your results can be found in your My Premise Health portal within 72 business hours
- To follow-up on your Biometric Screening/HRA results, schedule with your Butler Health Advantage provider at one of the Health & Wellness Center locations:
  - **Beavercreek** (937.458.2588): 3040 Kemp Road | Suite 100 | Beavercreek, Ohio 45431
  - **Hamilton** (513.896.2398): 400 N Erie Blvd | Suite D | Hamilton, Ohio 45011
  - **Sharonville** (513.896.2398): 301 Scarlet Oaks Drive | Sharonville, Ohio 45241

### How do I check my incentive status?

- Sign in to your My Premise Health portal
- Click on the Incentives & Wellness icon
- Click on Incentives and “earned” incentives are indicated by a yellow star

### How do I share my Biometric Screening/HRA results with my Primary Care Provider (PCP)?

- Go to your My Premise Health portal and share directly with your PCP
- When you check in at the Butler Advantage Health & Wellness Center, ask to have your results sent to your PCP (make sure you have your PCP’s phone number or fax number)
- Contact Butler Advantage Health & Wellness Center directly for assistance

### What if I have a medical condition that prohibits me from participating in the Biometric Screening/HRA?

- Employees unable to participate due to medical reasons, please contact the Butler Advantage Health & Wellness Center as the providers will work with individuals on a case-by-case basis