Biometric Screenings and Health Risk Assessments FAQs

To support you in getting a clearer picture of your current health status and to inform our wellness programming, MMSD will be conducting Biometric Screenings and Health Risk Assessments (HRAs) starting in late September 2017. Our health plans encourage participation in employee wellness. By continuing to offer these programs, MMSD and MTI were able to negotiate lower premium increases for our health care insurance.

When can I sign up for my biometric screening?
Sign up for biometric screenings will begin early September and will be available online via the Interra website.

How do I sign up?
- Go to www.MyInterraHealth.com and enter your participant login information to access your InHealth DashboardTM.
  - Participant ID: your b number (without the b)
  - Password: wellness (unless previously changed)
  - Company ID: MMSD

- Click Appointments at the top of the screen to schedule your biometric screening appointment.

- Click Program Documents to view details on how to complete your specific health insurance carrier’s online health questionnaire.

What if I forgot my password from the previous year?
If you are having difficulty with your password, in addition to calling Interra at 414-755-4898, you have the option to reset your password using your email address. Click the link and you will be emailed a new temporary password. This password reset email can sometimes end up in a spam folder, so please check there if nothing arrives in your inbox within a few minutes.

Who should participate?
All employees who currently carry the district health insurance in their name are encouraged to participate in both the Biometric Screenings with Interra and the HRAs with their insurance provider.

Do I have to participate?
No, the Biometric Screening and Health Risk Assessment are voluntary. However, if you are a qualified employee, not participating in the biometric screening AND the HRA will result in an additional premium charge of 7%. Your insurance premium contribution will be adjusted on January 1 of 2018.
BIOMETRIC SCREENINGS

What is a Biometric Screening?
The InHealth BioScreen™ is a series of biometric tests that are used in conjunction with your Health Risk Assessment to get a snapshot of your overall health. Tests include blood pressure, percent body fat, waist circumference, Body Mass Index (BMI), height and weight. A blood sample is also collected to test your total cholesterol, HDL, LDL, triglyceride, and glucose levels. Immediately following your screening, you will have the opportunity to review your results with an Interra Health trained and certified Health Screening Specialist.

Please be prepared to fast for 10-12 hours prior to your scheduled appointment time. Drinking water is encouraged. If you are taking medication, make sure to consult your physician before fasting.

How long will the Biometric Screening take?
The Biometric Screening is typically 15 to 20 minutes.

Can I make the appointment during my work day?
We have tried to schedule Biometric Screenings at all locations. They are scheduled early in the day because you should fast for 10-12 hours prior to your screening. They are not intended to be during your work day. You should schedule your appointment before your work day at your location or at a different location or during your break or during planning time. Appointments will also be available on some Saturdays.

Is the Biometric Screening Confidential?
Yes. Interra is an outside company that will be performing the Biometric Screenings. At the time of the screening your Interra Health Screening Specialist will give you a summary of your results and a summary of your results will be sent to your health plan. The only information the District and the Employee Wellness Committee will receive is an aggregate summary of the results. These results, prepared by Interra, will guide the committee in planning various employee wellness programs that aligns to the needs of the employees.

What if I just had a physical?
If you have completed your annual physical with your physician between July 1st 2017 and November 30h of 2017, you may submit your results using the “Lab Results from Physician Form.” This form is available online on your InHealth Dashboard™ under the program documents section. You must attach the printed lab results with the form to receive full credit for your screening. After submitting your results to Interra, you then must complete the HRA with your health insurance provider.

Tips on submitting your lab results from an annual physical:
● Keep a copy of the Lab Results from Physician Form for your own records, you will need this information to complete your HRA.
● Verify your results have been received and recorded by Interra on your InHealth Dashboard™ at www.MyInterraHealth.com.

Can I choose my own clinic for the Biometric Screenings?
Yes. You can have the Biometric Screening performed by your clinic of choice and supply the results to Interra on the prescribed form (see above). You will incur the $20 office visit copay for this.

What if I am pregnant?
If you are currently pregnant you will not have to do the Biometric Screening, but you will need to complete a “Pregnancy Biometrics Waiver Form.” This form is available online on your InHealth Dashboard™ under the program documents section. After submitting the “Pregnancy Biometrics Waiver Form” to Interra, you then must complete the HRA with your health insurance provider.
Tips on submitting a Pregnancy Biometrics Waiver Form:
- Keep a copy for your own records.
- Verify your form has been received by Interra on your InHealth Dashboard™ at www.MyInterraHealth.com.

What if I am on a medical leave of absence?
If you are able to come in to a location for the Biometric screening during your leave, you are free to do so. If you are unable to come into a location for a Biometric screening you can obtain your biometrics from a physician. See “What if I just had a physical?” response above for more details. After submitting your results to Interra, you then must complete the HRA with your health insurance provider.

Is there a cost for the Biometric Screening?
There is no cost to you if you take part in the on-site biometric screenings. We, and your District health plans, believe in the value of the Biometric Screening and Health Risk Assessment. Our District Health plans, Dean, GHC, and Unity have agreed to pay the cost for their members who carry the health insurance in their name provided you complete the Biometric screening and HRA.

How do I benefit?
A Biometric Screening is sort of a mini-exam that gives you a snapshot around your overall health, without the $20 office visit copay. These results can help to alert and track health risk factors over time. The InHealth Dashboard™ at myinterrahealth.com allows you to look back at previous years’ results and track progress.

Results of the biometric screenings will also be used in summary to help design the employee wellness program so that it is aligned to the needs of the employees.

When will the Biometric Screenings occur?
Biometric Screenings will be starting late September and will continue at various locations until mid December. More information regarding date, locations, and appointment times, will be available in early September.

HEALTH RISK ASSESSMENTS

What is a Health Risk Assessment (HRA)?
A Health Risk Assessment is an online questionnaire that each participant must complete with their District health insurance provider, Dean or GHC. The questionnaire includes questions about health history, and lifestyle factors such as stress, nutrition and safety practices.

You should do your Biometric screening before you start your HRA. Your biometric data from the screening will need to be entered into the HRA.

Is the Health Risk Assessment (HRA) Confidential?
Yes. You will do your Health Risk Assessment directly with your District health insurance provider, Dean or GHC. If you have not already created a secure “My Chart” account with your health provider you will need to set that up first. Each provider has a Health Risk Assessment you will complete on their website.

Is there a charge for the Health Risk Assessment?
No, there is no charge for the Health Risk Assessment. In fact, you may receive a wellness incentive directly from your provider for completing the Health Risk Assessment and other wellness activities.