

Samaritan Choice Biometric Screening and Health Assessment Incentive frequently asked questions

Listed below are some questions you might have about the Samaritan Choice PPO Biometric Screening and Health Assessment Incentive.

Didn't see your question? Please send a secure, private message through your [MyHealthPlan](#) member portal. This portal allows you to safely provide personal health information. You may also call Customer Service from 8 a.m. to 8 p.m., Monday through Friday at **541-768-4550** or toll free **800-832-4580** (TTY **800-735-2900**).

Biometric Screening and Health Assessment Incentive

Did the Biometric Screening and Health Assessment Incentive change for this year?

No. The Biometric Screening and Health Assessment Incentive remain the same. There are three options available for the biometric screening:

1. Complete an onsite biometric screening at one of Samaritan's five hospitals.
2. Order an at-home test kit.
3. Submit a [health care provider screening form](#) with lab results performed within the past year (Sept. 1, 2023 through Aug. 31, 2024).

Employees hired on or before June 1, 2024, will qualify for the Biometric Screening and Health Assessment Incentive for 2025 if they complete one of the three biometric screening options and an online health assessment from **June 1 to Aug. 31** and enroll in the Choice PPO Plan during open enrollment.

Biometric screening

Why should I participate in the biometric screening and what benefits do I receive?

Even healthy individuals have discovered areas of concern through a biometric screening. If your results do not indicate a problem, it verifies that your chosen lifestyle is working. By participating in the

biometric screening, you will:

- Find out what your health indicators or “numbers” are (blood pressure, cholesterol and glucose levels).
- Identify potential health risks.
- Identify improvements for known health risks.

Who is eligible to participate in the screening?

Any Samaritan employee is eligible to participate.

How do I complete the biometric screening?

There are three options for completing the biometric screening.

1. Schedule on the MyWellness portal and attend an on-site biometric screening at one of our five Samaritan hospitals.
2. Order an at-home test kit **by Aug. 15**. Complete it and mail it with a postmark no later than **Aug. 31, 2024**.
3. Submit a [health care provider screening form](#). If you had labs performed within the past year (Sept. 1, 2023 to Aug. 31, 2024), submit your results with the screening form by email, mail, fax or upload it to the MyWellness portal. Completed forms must be submitted by **Aug. 31, 2024**, to count for the biometric screening.

Do I need to fast before taking the at-home biometric test or before going to my on-site biometric screening appointment at one of Samaritan’s hospitals?

No. Fasting is not required but it is recommended for the best results.

If I upload my health care provider screening form, what biometric data must be included?

In order for the health care provider screening form to count toward completion of the biometric screening, the following data must be included:

- Total cholesterol.
- HDL cholesterol.
- LDL cholesterol.
- Triglycerides.
- Blood glucose levels.
- Blood pressure.
- Height.
- Weight.

Is a health care provider required to sign the screening form?

No, a provider is not required to complete, sign or date the screening form. Submit your lab results with the completed form to count as completion of the biometric screening.

Health assessment

What is an online health assessment?

An online health assessment is a valuable tool that provides you with personalized information about your health risks and strengths.

Where do I go to access the online health assessment?

Samaritan Choice Plan members can access the online health assessment from their secure [member portal](#). If you are not a current member of a Samaritan Choice Plan, use the [alternate login instructions](#). You can use your mobile phone, computer or tablet to complete the assessment.

The online health assessment is available to complete from **June 1 to Aug. 31, 2024**.

Why should I take the online health assessment?

Taking the online health assessment is like giving yourself an annual health checkup. The report will help you focus on the things that can have the biggest impact on your health. You will also get suggestions on how to take action with online tools or other resources available to you.

How long will the online health assessment take?

Taking the online health assessment is quick and easy. It only takes about 15 minutes to answer questions about your health and health habits using the secure, online portal.

What information do I need to complete the online health assessment?

The health information you will need and topics covered in the health assessment include:

- Personal health history.
- Medications.
- Exercise.
- Weight.
- Tobacco/nicotine use.
- Immunizations.
- Colonoscopy.
- Oral health.
- Vision.
- Alcohol consumption.

What topics will be covered in the health assessment?

- Health perceptions.
- Nutrition.
- Skin cancer prevention.
- Gender specific screenings.
- Stress and life management.
- Personal safety.
- Engagement and change. Your willingness to engage in wellness activities and change your habits/behaviors.
- The Employee Assistance Program, also known as EAP.

What happens after I complete the biometric screening and online health assessment?

Once you complete your biometric screening and online health assessment you will be provided a personalized health assessment report showing your current health status. This report will help you take real and meaningful steps to invest in your health, wellness and longevity. Samaritan Health Plans encourages you to see your doctor and share the results if there is anything out of range.

Can you help me with the online health assessment site?

For technical support with the online health assessment, please contact Asset Health Customer Service by email at support@assethealth.com or call 855-444-1255, Monday through Friday, from 5 a.m. to 5 p.m. PT.

Spouses/Domestic partners

Can spouses or domestic partners complete a biometric screening and take the online health assessment?

No, the biometric screening and online health assessment are available to Samaritan Health Services employees only.

Can spouses or domestic partners earn the Biometric Screening and Health Assessment Incentive?

No, the Biometric Screening and Health Assessment Incentives are only available for employees who are Samaritan Choice PPO Plan subscribers (the employee who has the health plan premium withheld from their paycheck).

Confidentiality

What type of data will Samaritan Health Services see when I complete the biometric screening and online health assessment?

Samaritan Health Services will receive only combined statistics representing the employee group as a whole. These combined statistics are stripped of any personally identifiable information. This group data will help Samaritan evaluate current health programs and look for new ways to enhance our wellness benefits in the future.

Are the biometric screening and health assessment results private and confidential?

The biometric screening and health assessment results will be managed by assigned vendors. No personally identifiable information will be shared with Samaritan Health Services as your employer. Remember, it's against the law for your employer to access your personal health information. Your personal health information will be handled by your health plan, Samaritan Choice PPO Plans.

How is my data stored and protected?

The vendor Samaritan has selected to provide the biometric screenings and health assessment uses a secure website platform and stores the health assessment data in compliance with all current federal regulations for privacy, security and electronic data interchange or EDI. This includes but is not limited to the Health Insurance Portability and Accountability Act, or HIPAA, the Americans with Disabilities Act and the Genetic Information Nondiscrimination Act, also known as GINA, as well as all state requirements that give additional protection to sensitive protected health information.