

Q: What is a Biometric Screening?

A: A biometric screening includes a non-fasting, finger stick, blood test for: Blood Sugar, Cholesterol, as well as measurements for Blood Pressure, and a waist tape measure, and a consult with a nurse regarding the readings.

Q: What is the Health Assessment?

A: The Health Assessment is a tool designed to assess your health status, health risk behaviors, family history, and other personal medical history. The Health Assessment, along with your biometric data, gives you a complete picture of your current health.

Q: What are the criteria to participate?

A: You must be an employee of Columbus City Schools and have Medical Mutual of Ohio Insurance through CCS.

Q: Can my spouse who DOES NOT work for CCS but is an MMO member also participate and receive incentive?

A: They are **not** eligible for the biometric screening and incentive but your spouse can always complete the MMO Health Assessment at this time.

Q: If my spouse DOES work for CCS and has MMO insurance through CCS can they participate and receive an incentive?

A: Yes, as long as they work for CCS and have MMO insurance *through* CCS.

Q: How many times can I participate in these events?

A: Once per year. By signing for your \$50.00 gift card you are acknowledging that you have not participated in this event at any other CCS location during the noted time frame of January 1, 2016 – December 31, 2016.

Q: Do I need to complete the Biometric Screening and Health Assessment to receive the gift card?

A: No, you only need to complete your biometric screening at the site at which you scheduled to receive a gift card.

Q: When do I complete the Health Assessment?

A: You can complete the Health Assessment at home during your own time. The Health Assessment is not mandatory to receive a gift card, but it will give you a complete assessment of your overall health status.

Q: How will I know when I've completed the Health Assessment?

A: After you complete the Health Assessment a certificate will appear.

Q: Is the information I provide on the Health Assessment confidential?

A: Yes. All information is protected by the HIPAA Law.

Q: Will I need identification?

A: Yes, you will need your CCS employee badge and your MMO member card.

Q: How long will the biometric screenings and health assessment take?

A: Your biometric screening takes approximately 10 minutes. Filling out your Health Assessment takes about 30-40 minutes.

Q: Do I need an appointment?

A: Yes, follow the directions you received in e-mail announcement.

Q: How will they obtain the blood specimen for the biometric screenings?

A: The biometric screenings require a simple finger stick similar to a blood sugar test.

Q: Do I need to fast before the biometric screening?

A: No, these screenings are non-fasting.

Q: Can any information I provide negatively impact my insurance?

A: No, all health related information is protected under HIPAA.

Q: What do I do if my numbers indicate a possible health problem?

A: It is important to follow up with your primary doctor for care.