



Your First Steps to Wellness

COMPLETING A PERSONAL HEALTH ASSESSMENT

Your Personal Health Assessment (PHA) can help you identify and make lifestyle changes now to help reduce the chance for major health problems down the road.

Step 1: Get Your Lab Results

To complete your Personal Health Assessment (PHA), you will need to have your biometric screening lab results.

If you've had a routine physical in the past year, and you have all nine of the lab values listed on the Patient Result Sheet on page 3:

- Write your lab results on the Patient Result Sheet in the order they are listed.
- If you cannot find your lab results, call your health care provider and ask him or her to provide them to you.
- Once you have your lab results, turn to page 4 for steps to complete your online PHA.

If you have not had a routine physical* in the past year, call your health care provider and make an appointment:**

- Take the Patient Result Sheet on page 3 with you to your appointment to make sure the physical includes measuring the nine lab values listed.
- Your health care provider's office may need some time to send your lab results to you so plan ahead.

Does my health plan cover a routine physical?

You have three ways to determine if benefits are available for a routine physical under your health plan:

- 1 Check your coverage manual or benefits certificate for specific coverage information;
- 2 View your eligibility and benefits on www.wellmark.com (see page 4 for registration steps); or
- 3 Call Customer Service at the number shown on your ID card.

Personal Health Assistant 24/7 can help answer your questions

If you have questions about your PHA, your lab results, or other health concerns, Personal Health Assistant 24/7 can help you with the answers. When you call 1-800-724-9122, a specially trained health professional can help you understand what your lab results mean. Using nationally accredited guidelines, these professionals can help you better understand a specific diagnosis or condition and recommend next steps.

**Your health plan may not include coverage for preventive services. Be sure to check your coverage manual or benefits certificate for specific coverage information. If you have additional questions, contact Customer Service at the number shown on your ID card. This information is only a recommendation. Be sure to discuss preventive exams with your health care provider to determine a schedule for your needs.*

***To receive benefits under Blue Choice or Blue Advantage, preventive care must be provided by your designated primary care provider (PCP) or OB/GYN. To receive benefits under Blue Access, preventive care must be provided by any participating Wellmark Health Plan of Iowa PCP or OB/GYN.*



Biometric Screening Patient Result Sheet

For the Clinician

Your patient, _____, is participating in a wellness program to help assess and manage his/her health. As part of the program, please provide appropriate testing (either fasting or non-fasting) to obtain the biometric screening values* below. Once your patient receives these lab values from you, s/he will be able to complete the wellness program's Personal Health Assessment (PHA). Over time, the PHA may become part of the patient's medical record you can utilize to track health and wellness priorities for your patient.

*Please note that the National Correct Coding Initiatives (NCCI) will apply for the lab services below.

For the Patient

Take this form with you to your scheduled appointment to ensure the appropriate biometric screenings are part of your routine physical. Then, you can use this form to write down your biometric values when you receive them from your health care provider. Your biometric values can assist you in setting and achieving your health and wellness priorities. Wellness information may become part of your personal medical record to allow your health care provider to work with you on your health and wellness priorities over time. If any of your measurements are outside of the normal range, we strongly encourage you to follow up with your health care provider for more information and advice.

Health Care Provider Name/Location _____

Health Care Provider Contact Information (phone, e-mail, fax) _____

Scheduled Appointment Date: ____/____/____ Time: _____ a.m./p.m.

Biometric Screenings	My Biometric Values	Value Ranges	Description	General Recommendations
1. Total Cholesterol		<200 mg/dl 200-239 mg/dl >240 mg/dl	Normal Borderline High High	Your body produces some cholesterol, but most of it comes from your diet. Total Cholesterol is a total measurement of the many different kinds of fats or lipids present in your blood.
2. LDL Cholesterol		<130 mg/dl 130-160 mg/dl >160 mg/dl	Normal Borderline High High	Your bad cholesterol count.
3. HDL Cholesterol		<40 mg/dl >60 mg/dl	Low High	Your good cholesterol count.
4. Triglycerides		<150 mg/dl 150-199 mg/dl >200 mg/dl	Normal Borderline High High	The chemical form in which most fat exists in food as well as in the body.
5. Glucose		Fasting <100 mg/dl 100-125 mg/dl >126 mg/dl	Normal Pre-diabetes Diabetes	This is your blood sugar. If you have eaten within three hours before taking this test, your values will most likely be elevated, depending on your rate of metabolizing sugars. Glucose rises rapidly after meals and within two hours should return close to the fasting value. An abnormally high glucose can be indicative of diabetes, but can also be caused by other disorders and diseases.
		Non-fasting <200 mg/dl >200 mg/dl	Normal (non-fasting) Diabetes (non-fasting)	
6. Blood Pressure (BP)		<120/80 120-139/80-89 >140/90 Hypertension >160/115 Hypertension	Normal Pre-hypertension Stage 1 Stage 2	When your heart beats, it pumps blood through your arteries and creates pressure in them. The higher number (systolic) represents the pressure while your heart is beating. The lower number (diastolic) represents the pressure when your heart is resting between beats.
7. Height				
8. Weight				If weight is within normal ranges, maintain a healthy lifestyle. If outside of normal ranges, increase physical activity, eat healthy, and consider follow-up with health care provider.
9. Waist Circumference		Men < 40 Women < 35		If you have too much fat – especially around your waist – you are at higher risk for high blood pressure, high cholesterol, and diabetes – which increase your risk for heart disease and stroke.

My biometric lab results will be available on the following date: ____/____/____

My health care provider will contact me with the results by: Phone Mail Web/E-mail Fax

Step 2: Complete Your Online Personal Health Assessment (PHA)

Completing your PHA takes approximately 20 minutes. Enter all of your biometric screening values from page 3. If you are unable to complete the PHA in its entirety, the information you have entered will be saved when you close the program, allowing you to complete it later.

You can take the PHA once every 12 months. Individual information you provide in your assessment and your individual results:

- **WILL NOT** be shared with your physician.
- **WILL NOT** be used to increase your premiums or deny coverage.
- **WILL NOT** be shared with your employer.

Your answers to the assessment are considered "personal health information," which is protected by patient confidentiality laws.

Your employer may receive non-personalized, combined results (aggregate data) based on employees' responses and may receive a report of whom has taken the assessment.

To take the assessment, follow these steps below:

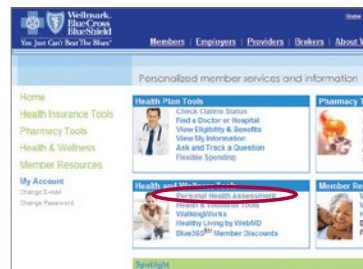


Step 1

Step 1 Visit www.wellmark.com. Select *Member* from the *Register Now* drop-down menu. (Note: If you already have a user ID and password, log in and skip to step 6.)

Step 2 Select *Continue*.

Step 3 Complete the registration form and select *OK*. (You will need your Wellmark ID card and a personal e-mail address. You will also be asked to create a user ID and password during registration.)



Step 6



Step 8

Step 4 You will see a summary of the information you submitted on the registration form. Select *OK* to proceed, or *Change* to edit the information.

Step 5 Select *Log in now* to access your tools on the registration confirmation page and enter the user ID and password you created in step 3.

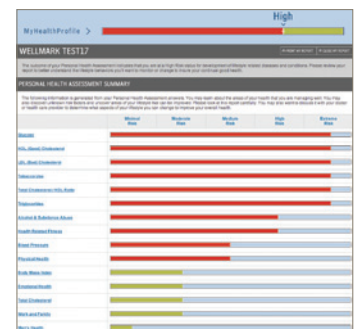
Step 6 Select *Personal Health Assessment* from the bottom left-hand box.

Step 7 Select *Complete My Personal Health Assessment*.

Step 8 Select *Complete My Assessment*. Once you complete step 8, you will then begin your Personal Health Assessment.

Review your personalized report.

After you complete your PHA, an e-mail will notify you when your personalized report is available to access. The report lists areas where you can make lifestyle changes to improve your health*. It is recommended that you discuss your report with your health care provider.



Personal Health Assessment Report

*Programs are not intended as a substitute for care from a physician.

For questions on how to complete a Personal Health Assessment (PHA), call the Wellness Help Desk at 1-877-252-8412, 8:30 a.m. to 8:30 p.m., Central Time, Monday-Friday, and 9 a.m. to 5:30 p.m., Central Time, Saturday.

For help registering at www.wellmark.com or logging in, please contact EC Solutions Assistance Center (Wellmark technical help desk) at 1-800-407-0267 from 7:00 a.m. to 5:30 p.m., Central Time, Monday-Friday.



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