



# Health Check

CommonHealth offers free confidential health checks every two years for all Local Choice groups. At the screening, participants will instantly learn their blood pressure, cholesterol, Diabetes Risk Assessment, and Body Mass Index (BMI).

What to Expect at a Health Check \*

## Frequently Asked Questions

What is included in a screening?

- Blood Pressure
- Cholesterol – Total and HDL (good cholesterol)
- Diabetes Risk Assessment and glucose screening
- Body Mass Index (BMI)

Who may participate in the health screening?

All Local Choice enrollees are eligible to participate. Additionally, spouses and dependents (18 years or older) who are covered under a TLC insurance plan may participate. Retirees that are eligible for Medicare are not eligible for the screening as they receive a similar benefit under Medicare.

Will my results have an effect on my health insurance?

Your results are protected health information and confidential. Your results will not be shared with your employer, Anthem, or anyone else – this is the law (HIPAA). Anonymous group results are collected to evaluate overall health risks for employees. These group results are used in planning future wellness opportunities for employees such as Quit 4 Life and Future Moms.

Do I need to fast for the screening?

You do not need to fast for the CommonHealth screening. The screening will test blood levels for total cholesterol and HDL (good) cholesterol and generally, fasting is not required for this. However, if you have had fasting cholesterol tests in the past, and would like to compare these results with your previous tests, you may choose to fast (8 hours) prior to the screening. The decision is yours.

Will I be tested for Diabetes?

Your risk for developing Type II Diabetes will be determined based on your confidential responses to related lifestyle questions. The diabetes risk assessment questions were developed by the American Diabetes Association and are currently recommended to

assess an individual's risk for diabetes in a non-clinical setting. A spot glucose test will also be used.

Why should I be screened?

Over the years, the screenings have identified previously unknown health risks such as high blood pressure and high cholesterol for many employees. Early detection of health risks is important in preventing chronic diseases. If your results point toward a health concern you will be offered educational materials, be advised to follow up with your healthcare provider and, a nurse will call contact you with additional information on the condition.

How often can I be screened?

Groups may schedule the health check for employees every TWO years.