



# Naperville Community Unit School District 203

## 2019 SCREENING GUIDE

# MOVE FORWARD WITH YOUR HEALTH AND TAKE PART IN THIS YEAR'S WELLBEING ASSESSMENT

ALL EMPLOYEES, SPOUSES AND RETIREES  
ARE ELIGIBLE TO PARTICIPATE!

There is no cost for the screening if you are enrolled in a District 203 BlueCross BlueShield Health Plan. If you are NOT enrolled in the district's BCBS health plan, the cost of the screening is \$100.

Flu immunizations are also available at time of screening. If you are enrolled in a District 203 BCBS health plan, it will be billed to the insurance\*. If you are NOT enrolled in a District 203 BCBS health plan or carry the district insurance as secondary coverage, the cost for the flu shot is \$35.

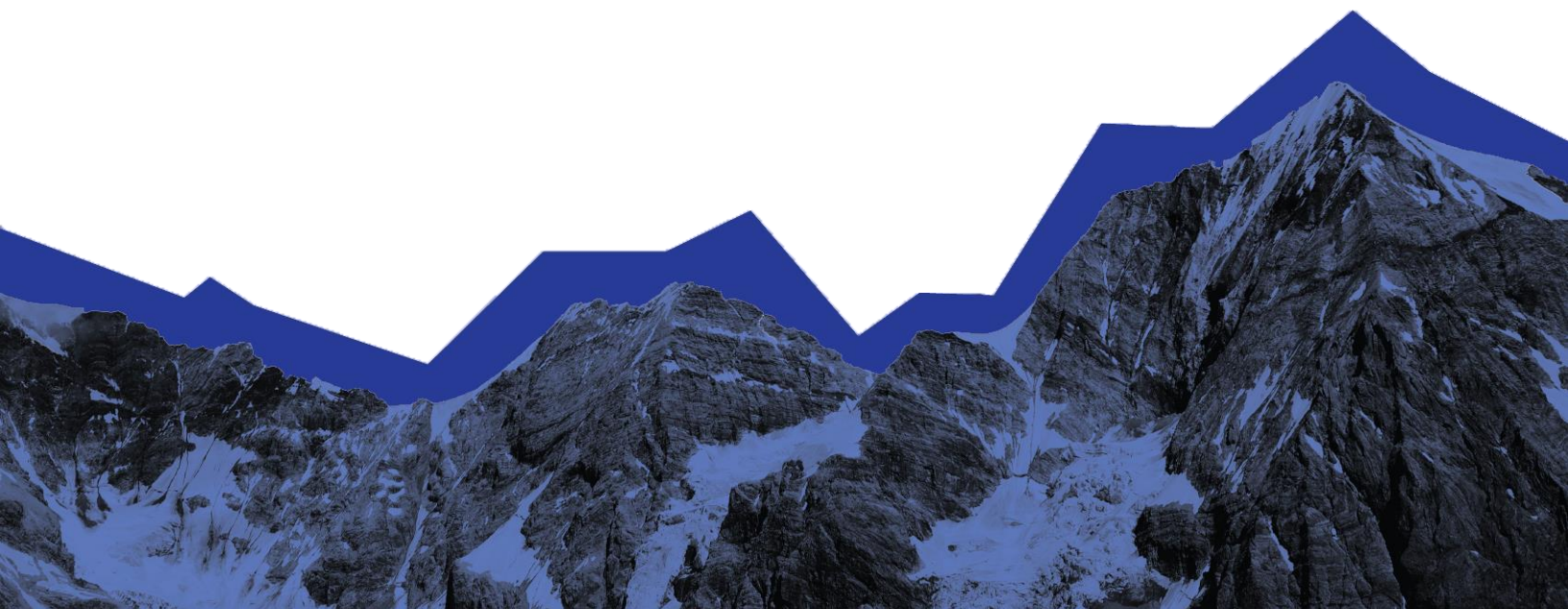
*\*For spouses that are primary on the district insurance only*

All district covered employees and spouses must present their District 203 BCBS insurance card at time of screening and flu immunization.

Payment is due at the time of service and can be made with a check, credit/debit card or HSA debit card. Medicare is not accepted as payment.

## INSURANCE PREMIUM QUALIFICATIONS

In order to receive the health insurance premium discount for the 2020 Plan Year, all insured employees and spouses on the district plan must complete the screening and meet the requirements for the Outcomes Based Wellness Program.



# ONSITE SCREENING and FLU DATES

LOCATION	DATE	TIME	ROOM
Ann Reid Early Childhood Center	Tuesday, October 1	6am - 10am	Multi-Purpose Room
Beebe Elementary	Friday, September 27	6am - 10am	Teacher's Lounge
Ellsworth Elementary	Thursday, September 26	6am - 10am	Gym
Elmwood Elementary	Friday, October 18	6am - 10am	Multi-Purpose Room
Highlands Elementary	Wednesday, October 2	6am - 10am	Stage
Jefferson Junior High	Tuesday, September 24	6am - 10am	Lounge
Kennedy Junior High	Tuesday, October 15	6am - 10am	Learning Commons
Kingsley Elementary	Tuesday, September 17	6am - 10am	Multi-Purpose Room
Lincoln Junior High	Wednesday, October 16	6am - 10am	Teacher's Lounge
Madison Junior High	Thursday, September 26	6am - 10am	Staff Lounge/ Conference Room 2
Maplebrook Elementary	Thursday, September 19	6am - 10am	Stage
Meadow Glens Elementary	Tuesday, September 10	6am - 10am	Multi-Purpose Room
Mill Street Elementary	Thursday, October 3	6am - 10am	Multi-Purpose Room
Naper Elementary	Wednesday, September 11	6am - 10am	Gym
Naperville Central	Saturday, September 28	6am - Noon	Auditorium Upper Lobby
Naperville Central	Monday, September 30	6am - 11am	Auditorium Upper Lobby
Naperville North	Wednesday, October 16	6am - 11am	Faculty Lounge
Naperville North	Saturday, October 19	6am - Noon	Large Cafeteria
Prairie Elementary	Tuesday, September 17	6am - 10am	Multi-Purpose Room
PSAC	Thursday, October 3	6am - 10am	Conference Room A
PSAC	Saturday, November 2	6am - Noon	Conference Room A
PSAC	Saturday, November 9	6am - Noon	Conference Room D
Ranch View Elementary	Tuesday, September 24	6am - 10am	Gym
River Woods Elementary	Tuesday, October 8	6am - 10am	Multi-Purpose Room
Scott Elementary	Monday, September 16	6am - 10am	Stage
Steeple Run Elementary	Wednesday, September 25	6am - 10am	Multi-Purpose Room
Transportation	Tuesday, October 22	8am - 11am	Driver's Lounge
Washington Junior High	Wednesday, October 9	6am - 10am	Stage

# Go to [app.chcw.com](http://app.chcw.com) to register for the screening

## NEW CHC MEMBER

Enter program code **4040Nap125** under the New Participants tab and click Log In.

Enter your last name, date of birth and the last four digits of your social security number.

Enter the verification code sent to your District 203 email address.

On the dashboard, select Schedule Your Screening to schedule a screening appointment and complete the Health and Lifestyle Survey.

## RETURNING CHC MEMBER

Enter your username and password under the Individual tab in the Login box and click Log in.

On the dashboard, select Schedule Your Screening to schedule a screening appointment and complete the Health and Lifestyle Survey.

**Please note:** If you entered your personal information correctly, yet you are unable to proceed, create a new registration by following the prompts on your screen. You can also call 866-373-4242 to sign up for the screening over the phone.



**Don't forget your flu shot!** After signing up for the screening, go back to your home page and click on the link to schedule your flu shot. If you do not want to participate in the screening and only want to receive a flu shot, you can sign up by simply clicking on the flu shot link.

This is a fasting test! For precise results, **please fast 10-12 hours before testing.** You cannot eat but may have water, black coffee or tea (no cream or sugar). **Be sure to stay hydrated starting the day prior to your screening in order to facilitate an easier blood draw.** If you are on prescription medication, please take your medication as instructed by your physician. Consult your physician if you are diabetic or hypoglycemic.

# Check out what's included in your 37-panel screening test!



## ANEMIA, INFECTIONS and CERTAIN CANCERS

Iron  
WBC, RBC, MCV, MCH, MCHC, RDW  
Platelet Count  
Hemoglobin  
Hematocrit  
Globulin, Calculated  
A/G Ratio



## HEART DISEASE and STROKE

Total Cholesterol  
Triglycerides  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol/HDL Ratio  
Calcium



## KIDNEY DISEASE

BUN  
Creatinine  
BUN/Creatinine Ratio  
Phosphorus  
Sodium  
Potassium  
Chloride  
Carbon Dioxide



## NUTRITIONAL and GASTROINTESTINAL DISORDERS

Uric Acid



## LIVER and GALLBLADDER

Bilirubin, Total  
Bilirubin, Direct  
Alkaline Phosphatase  
AST, ALT, and GGT



## DIABETES

Blood Glucose  
A1c Reflex – Included if triggered by a glucose reading of 100 mg/dL or greater



## BLOOD PRESSURE READING

Taken before blood is drawn and repeated after blood draw if initial reading is elevated (white coat syndrome)



The CHC Wellbeing research-based **HEALTH and LIFESTYLE SURVEY** is a questionnaire that assesses lifestyle choices to better evaluate your overall health.



# CHC offers additional tests for your individual health needs.

Many supplemental test fees are billed directly to BlueCross BlueShield for employees who are enrolled in the district's BCBS health plan and for spouses who carry the district's insurance plan as primary coverage. (See FAQs for how insurance will be billed). Payment is due at time of service for all other screening participants. Dollar amounts as indicated are out-of-pocket costs. Accepted payments include check, credit/debit card or HSA debit cards. Medicare is not accepted as payment.

## HEART HEALTH

### CARDIO C \$39

Detects inflammation and infections. Evaluates the possibility of developing heart disease. **Test available at an out-of-pocket cost, not eligible for insurance billing.**

### HOMOCYSTEINE \$54

Linked to detecting early development of heart disease influenced by diet and genetic factors. **Test available at an out-of-pocket cost, not eligible for insurance billing.**

### NMR \$99

Counts the number of LDL particles. Helps the physician determine the LDL lowering therapy. **Test available at an out-of-pocket cost, not eligible for insurance billing.**

## DIABETES DETECTION

### HEMOGLOBIN A1C \$34

Average level of blood sugar over the past 2-3 months. Diagnose or treat Type 1 and Type 2 diabetes. **By electing to purchase this test, you are guaranteed that the Hemoglobin A1c will be tested and result. A participant will not receive a refund regardless if Hemoglobin A1c reflex test is triggered by basic screening glucose level. Billable to the district's BCBS Platinum and Gold PPO plans.**

## NUTRITIONAL and VITAMIN

### VITAMIN D \$40

A nutrient found in the bones and teeth. Used for diagnosing Vitamin D deficiency or excess. **Billable to the district's BCBS Platinum and Gold PPO plans.**

### B12 and FOLATE \$42

B12 and Folate are two vitamins for red blood cell formation. Detects deficiencies and anemias. **Billable to the district's BCBS Platinum and Gold PPO plans.**

## DIGESTIVE HEALTH

### GLUTEN ALLERGY \$29

For individuals with suspected sensitivity to gluten. May help diagnose celiac disease. **Test available at an out-of-pocket cost, not eligible for insurance billing.**

### H. PYLORI \$41

Detects infection of the gastrointestinal (GI) tract caused by the bacteria. Infection can lead to ulcers. **Billable to the district's BCBS Platinum and Gold PPO plans.**

## HORMONE

### TESTOSTERONE \$42

A hormone found in men and women. Detect impotence in men and decreased libido in women. **Billable to the district's BCBS Platinum and Gold PPO plans.**

### TSH (THYROID) \$42

This thyroid hormone is produced by the pituitary gland. Detects an over an underactive thyroid. **Billable to the district's BCBS Platinum and Gold PPO plans.**

## CANCER DETECTION/OTHER

### PSA (PROSTATE) \$39

A protein produced by the prostate gland. High levels may indicate prostate enlargement or cancer. **Billable to the district's BCBS Platinum and Gold PPO plans.**

### BLOOD TYPE \$25

Determines blood type. A, B, AB, O and if an individual is RH negative or positive. **Test available at an out-of-pocket cost, not eligible for insurance billing.**


# OUTCOMES BASED WELLNESS

Naperville School District 203 and CHC are continuing the Outcomes Based Wellness Program to empower and motivate you to take your wellbeing to the next level. Your results on certain health metrics from this year's screening will determine your eligibility for the 2020 wellness premium adjustment. \*

There are three ways to maintain the "with-Wellness" premium rate:

1. **HEALTHY:** Covered employee **and** spouse are in range for three of the five health metrics (listed below) for the 2018 wellbeing assessment.
2. **IMPROVEMENT:** Covered employee **and** spouse have improved by 5% on three of the five health metrics (listed below) on their 2019 wellbeing assessment as compared to the previous year's results.
3. **REASONABLE ALTERNATIVE:** If it is unreasonably difficult due to a medical condition for you and/or your spouse to achieve the standards for the wellness premium adjustment under this program, call CHC Wellbeing at 866.373.4242 and they will work with you to develop another way to qualify. Reasonable Alternative Forms must be submitted to CHC by **December 6, 2019**, to receive the "with-Wellness" rate on the first payroll in January 2020. Submissions for qualification will be accepted through **May 22, 2020**. Future premiums will be adjusted accordingly with the first payroll each month.

HEALTH METRIC	RANGE
GLUCOSE	Less than or equal to 130 mg/dL
TRIGLYCERIDES	Less than or equal to 150 mg/dL
BLOOD PRESSURE	Less than or equal to 140/90 mmHg
LDL CHOLESTEROL	Less than or equal to 130 mg/dL
HDL CHOLESTEROL	Greater than or equal to 40 mg/dL



Log in to your CHC portal at [app.chcw.com](http://app.chcw.com) to access your screening results.

*\* If you do not qualify under one or more of the above means, your 2020 premium will increase \$300 if you carry employee only coverage, \$600 if you carry family coverage.*

# WELLBEING ASSESSMENT FAQ

## Is the wellbeing assessment confidential?

YES. CHC Wellbeing complies with all current HIPAA requirements, ensuring each individual's confidentiality. Neither your employer nor your insurance carrier receives any information pertaining to your personal test results, and has no access to your personal information without your permission.

## Is this a fasting test?

YES. For most precise results, you should fast 10-12 hours before testing. You cannot eat, but may drink black coffee or tea (no cream or sugar). If you are on prescription medication, please take your medication as instructed by your physician. If you are diabetic or hypoglycemic consult your physician for fasting instructions. Be sure to drink plenty of water.

## How will my insurance be billed?

The basic screening is paid for by Naperville School District 203 for all employees and spouses who are currently enrolled in the district's Platinum and Gold insurance plans. Additional tests will be billed as follows:

**Platinum PPO** – Charged as Preventive Care; covered at 100% up to the annual \$500 wellness benefit. Any balance will be subject to deductible and 80% co-insurance

**Platinum PPO Limited** – Charged as Preventive Care; covered at 100%, deductible waived

**Gold PPO HDHP** – Charged as Preventive Care; covered at 100%, deductible waived

**Gold PPO HDHP Limited** – Charged as Preventive Care; covered at 100%, deductible waived

## My spouse carries the district insurance as secondary coverage. How will he/she billed?

The basic screening is paid for by Naperville School District 203. BCBS will process all supplemental tests and flu immunizations as Not Paid. Claims for additional tests may be sent to primary insurance vendor. Please confirm coverage before electing additional tests. You may contact CHC Wellbeing for diagnostic codes.

## Do I have to fill out a Health and Lifestyle Survey?

YES. CHC Wellbeing couples their research-based Health and Lifestyle Survey, a questionnaire that incorporates lifestyle choices, with the blood draw results in order to give a big picture of your overall health.

## When does registration for the screening close?

Registration closes at noon the day prior to your onsite screening.

## What data should I have ready when completing the wellbeing assessment?

When completing the Health and Lifestyle Survey online or at the screening, you will be asked to submit your height, weight and waist measurements. If you are unsure of your waist measurement, use a measuring tape to measure the circumference of your waist, which is slightly above your belly button.

## Can I send a copy of my results to my physician?

YES. If you would like CHC Wellbeing to send a copy of your lab results to your personal physician, please enter the doctor's name and address when you schedule your screening, or bring this information to the onsite screening. You can also email your results to your physician at any time through your CHC Wellbeing portal.

## When will my results be available?

You will have access to your results and other health information online at [app.chcw.com](http://app.chcw.com) within 3-5 days after your screening. We at CHC Wellbeing pride ourselves on being a green company, and we are pleased to provide convenient online access to your results on our member portal. If you prefer a printed copy, please check the box to request your report by mail when you register for your screening.

## Is this a drug test?

NO. The voluntary wellbeing assessment is a simple blood draw, blood pressure reading and questionnaire that helps detect early stages of disease and disorders.

# FLU IMMUNIZATION FAQ

## Why get vaccinated?

The flu vaccination can keep you from getting sick from the flu. This in turn reduces doctors' visits, missed work and school, as well as flu-related hospitalizations. Protecting yourself also protects those around you who are more vulnerable to flu illness, such as older adults, those with chronic conditions and children.

## Which vaccine is best for me?

- Quadrivalent (\$35) – Designed to protect against four strains of the flu virus: two influenza A and two influenza B strains.
- Preservative Free (\$39) – This vaccine is most commonly used for women who are pregnant or nursing.
- High Dose (\$66) – An influenza vaccine designed specifically for people 65 years of age or older.



### How effective is a flu shot?

A flu vaccine is one of the most effective ways of avoiding the flu. A recent study shows that a flu vaccination is associated with a 71% reduction of flu-related hospitalization for adults of all ages. It takes two weeks for protection to develop after the vaccination, and the protection lasts for several months to a year.

### Can I get the flu from the vaccine?

The flu shot contains inactivated flu virus that cannot cause illness. The flu vaccination cannot protect against all cases; however, it is the best defense.

### How old do I need to be for a flu shot?

18 years or older.

### Are there symptoms related to getting a flu shot?

Influenza symptoms may include soreness, swelling at the injection location, low-grade fever, body aches, fatigue, itching, and nausea. Keep in mind that these symptoms are very mild and short lasting in comparison to the major symptoms of the flu.

### What are the risks associated with getting a flu shot?

Signs of serious allergic reaction are more likely to occur among those with severe allergies to egg, because most vaccines are grown in hens' eggs.

### What should I do if there is a serious reaction?

Call 911 and get to the nearest hospital. If the reaction seems minor and there is still heightened concern, call your doctor.

### Talk to your health care provider about the vaccine if you have:

- History of severe reaction to a flu vaccine
- Moderate-to-severe illness, including fever
- Severe allergy to chicken eggs
- History of Guillain-Barre Syndrome (GBS)

*If pregnant, consult with your obstetrician prior to receiving a flu shot.*

### How should I prepare?

The vaccination site will be located on the upper part of the arm. Wearing loose clothing can help for easy access to the injection site.

For more information, please visit the CDC website at [www.cdc.gov/flu](http://www.cdc.gov/flu). You will also find the Vaccine Information Sheet (VIS), which explains the risks and benefits of influenza immunizations, on the CDC website.

## OUTCOMES BASED WELLNESS PROGRAM FAQ

### Who administers the program?

CHC Wellbeing, an independent service provider, administers the program.

### Are my results confidential?

All results of this program are completely confidential and HIPAA compliant.

### Where can I find my screening results to see if I qualify for the “with-Wellness” premium?

Log into your account at [app.chcw.com](http://app.chcw.com) and click ‘Rewards’ on the navigation bar. Click on the Physical Wellbeing Points bar to see your results for the five specific metrics. You will see a box for each metric – green, range met; red, range not met.

### How do I obtain the Reasonable Alternative Form?

Call CHC Wellbeing at 866.373.4242 or login at [app.chcw.com](http://app.chcw.com) and click ‘Rewards’ on the navigation bar. On the ‘Rewards’ page under Common Questions, click on the Reasonable Alternative link to request a form.

### How does the Reasonable Alternative process work?

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the wellness credit under this program, call CHC Wellbeing at 866.373.4242 or go online to obtain the Reasonable Alternative Form. Take the form to your physician. Once the form is completed by your physician and submitted to CHC, you will earn credit for the approved metrics. Forms must be submitted to CHC by **December 6, 2019**, to receive the “with-Wellness” rate on the first payroll in January 2020. However, submissions for qualification will be accepted through May 22, 2020. Future premiums will be adjusted accordingly with the first payroll each month.

### Who has access to my Reasonable Alternative Form?

Reasonable Alternative Forms are exclusively handled by CHC Wellbeing.

If you have any additional questions, please contact CHC Wellbeing at **866.373.4242**.

*Naperville 2023*  
Community Unit School District

