

2019-20 BOISE SCHOOLS | BIOMETRIC SCREENING VERIFICATION FORM

MEMBER SECTION



First Name _____ Last Name _____

Email address _____ Birth Date ____/____/____

Employee ID # _____

Please check one: Active Employee Retiree (under 65)

COMPLETED FORMS ARE DUE BY MARCH 31, 2020

Covered members, please return this completed form to WellSteps via secure email: boise@wellsteps.com OR via fax: (801)590-6620

Members are encouraged to:

- Ask the provider's office to draw labs prior to a visit, so results are discussed at the time of Wellness exam/consult.
- Submit their own forms to WellSteps.

HEALTHCARE PROVIDER SECTION

Boise School District health plan members can opt-in to the Wellness Plan (lower out of pocket costs) by reaching 275 wellness points. Points are earned by completing approved health actions such as a biometric screening (75 points). Screening results are collected by WellSteps (a confidential third-party). Biometric information is kept strictly confidential and not shared with District personnel.

BODY MASS INDEX | Body Mass Index (BMI) is a measure used to define obesity.

□□.□	□ ft □ in	□□□ lbs	Underweight	Healthy weight	Overweight	Obese
	Height	Weight	Below 18.5	18.5 - 24.9	25 - 29.9	30 or above

BLOOD PRESSURE | Blood Pressure measures the resistance of blood flow in your arteries.

*These standards have been updated to reflect recommendations by leading health agencies.

□□□ / □□□ mm Hg	Healthy*	Pre-Hypertension*	Hypertension*
	< 120/80 mm Hg	≥ 120 - 129/ < 80 mm Hg	≥ 130/80 mm Hg

BLOOD GLUCOSE | High blood glucose levels increase the risk of developing diabetes.

□□□ mg/dL	Healthy	Pre-Diabetes	Diabetes
	70 - 99 mg/dL	100 - 125 md/dL	126 mg/dL or above

HbA1c - BLOOD GLUCOSE | Hemoglobin A1c is an indicator of diabetes. It is medically unnecessary for patient to test HbA1c level.

□.□ %	Healthy	Borderline	Unhealthy	HbA1c
	4 - 5.6 % (non-diabetic)	5.7 - 6.4 % (non-diabetic)	6.5 % or more (non-diabetic)	7 % or less (diabetic goal)

TAKE CHARGE (100 REWARDS POINTS)

Patients can earn an additional 100 points **towards the wellness plan incentive** for having **blood pressure under 141/91 and HbA1c under 7.1**, OR by following recommendations of a treatment plan given by their health care provider.

Patient results for blood pressure AND HbA1c (or blood glucose, if HbA1c testing is inadvisable) are within the range outlined above.

Yes No

If results for blood pressure and/or HbA1c are out of range, was patient made aware of a treatment plan?

Yes No

X

Signature of Physician/Licensed Medical Provider

Date

Phone

Please print name