

# BOISE SCHOOLS HEALTH SCREENING VERIFICATION FORM

## MEMBER SECTION



First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Email address \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Employee ID # \_\_\_\_\_

Please check one:  Active Employee  Retiree (under 65)

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   <i>Body Mass Index (BMI) is a measure used to define obesity.</i>					Height
<input type="text"/> <input type="text"/> <input type="text"/>	Underweight	Healthy weight	Overweight	Obese	<input type="text"/> ft <input type="text"/> <input type="text"/> in
	Below 18.5	18.5 - 24.9	25 - 29.9	30 or above	Weight <input type="text"/> <input type="text"/> <input type="text"/> lbs

Blood Pressure   <i>Blood Pressure measures the resistance of blood flow in your arteries.</i>				*These standards have been updated to reflect recommendations by leading health agencies.	
<input type="text"/> <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> <input type="text"/> mm Hg	Healthy*	Pre-Hypertension*	Hypertension*		
	< 120/80 mm Hg	≥ 120 - 129/ < 80 mm Hg	≥ 130/80 mm Hg		

Blood Glucose   <i>High blood glucose levels increase the risk of developing diabetes.</i>				
<input type="text"/> <input type="text"/> <input type="text"/> mg/dL	Healthy	Pre-Diabetes	Diabetes	
	70 - 99 mg/dL	100 - 125 md/dL	126 mg/dL or above	

HbA1c - Blood Glucose   <i>Hemoglobin A1c is an indicator of diabetes.</i>				<input type="checkbox"/> It is medically unnecessary for patient to test HbA1c level.	
<input type="text"/> . <input type="text"/> %	Healthy	Borderline	Unhealthy		HbA1c 7 % or less (diabetic goal)
	4 - 5.6 % (non-diabetic)	5.7 - 6.4 % (non-diabetic)	6.5 % or more (non-diabetic)		

## 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

Healthcare Provider Signature \_\_\_\_\_ Date \_\_\_\_\_

Please print name \_\_\_\_\_ Phone # \_\_\_\_\_

## MEMBER RETURN INSTRUCTIONS | DUE BY APRIL 30, 2019

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