

Wellness Screening

The wellness screening is a free service for all Deaconess Beneficiaries. The purpose of the wellness screening is to provide awareness and understanding of your health risks and offer ways to improve your overall health. At the wellness screening, you will have a lipid profile completed consisting of total cholesterol, HDL, LDL, triglycerides, and glucose. An A1C is offered to diagnosed diabetics. During each screening, a wellness coach will review these results as well as your BMI, body fat percentage and your risk ratio. The screening and coaching will take approximately 30 minutes. If you have had labs completed after August 2, 2022, you may bring these to your appointment and your session time will be shortened.

Earning Your Incentive

To earn your Wellness Incentive, you must complete **ONE** of the following items: 1) Wellness Screening with Deaconess Employee Wellness Team 2) Complete an annual visit with your Primary Care Physician (must contain height, weight, blood pressure, cholesterol, and glucose for all; and A1C for those who have diabetes. August 2, 2022-August 1st 2023 (**submission form will be on [https://www.deaconess.com/For-You/Employees/Employee-Benefit-Services/Employee-Wellness or DWEB Wellness Department Page](https://www.deaconess.com/For-You/Employees/Employee-Benefit-Services/Employee-Wellness-or-DWEB-Wellness-Department-Page)**).

Education and Resources

Deaconess offers many health promotion and management programs to employees and their spouses through the Deaconess Wellness Solutions Department. These offerings include: Pathway Programs (includes personal training and one on one coaching), monthly educational series programs, challenges and more! We will be advertising and promoting these programs during the next year. Registration for wellness activities will be through your MyWellness portal.

Wellness Screenings—What to Expect

Wellness screenings are facilitated at one of our main wellness center locations: 1) Deaconess Hospital – Midtown (basement), 2) Eagle Crest (eastside location), 3) Gateway Hospital (near main conference rooms), 4) Henderson Hospital Wellness Center. There will also be seasonal screenings at Union Co. Hospital, Gibson Co. Hospital

❖ Before your screening

For the most accurate (and useful) test results, you should not eat anything and only drink water during twelve hours prior to your appointment. Please take any routine medications, as long as food is not required. You may provide your own labs if completed between August 2, 2022 – August 1, 2023. This is optional as labs are available during screenings. Participants will need a lipid profile, glucose, and an A1C if diagnosed diabetic.

❖ When you arrive

You will be greeted by screening staff that will provide you with information and materials to get you started through the screening process.

❖ What tests will be performed

The screening staff will:

- Measure your height and weight
- Calculate your body mass index and body fat percentage
- Blood pressure reading
- Finger Stick to test your lipid profile and blood glucose levels and A1C if you are diabetic

❖ Reviewing results and planning

After the tests are performed, you will meet with a Deaconess Wellness Coach to review your results. Your coach will discuss your test results, explain what they mean and suggest options to address any health risks that are identified. Screening results are loaded immediately in your wellness portal and available on your dashboard. Please go to <https://deaconess.ezonlineregistration.net/> to log-in to your MyWellness portal.

Answers to Questions We've Received

Q. What tests are conducted during the wellness screening?

A. The screening staff will perform a finger stick to determine total cholesterol, HDL-cholesterol, LDL-cholesterol, triglycerides, blood glucose levels. If diabetic, an A1C will be performed. They will also take your blood pressure and measure your height, weight, BMI and body fat %. They will not test for hepatitis, HIV or illegal drugs.

Q. When are the screenings and how do I make an appointment?

A. Screenings will begin October 2022.. The last day screenings will be offered prior to July 31, 2023. Do not wait until the last months to schedule as appointments are very limited. Deadline for screenings and HRA activity is August 1, 2023.

Please note: All screenings will be scheduled through the MyWellness portal. Please go to <https://deaconess.ezonlineregistration.net/> to sign-up.

Q. Do I need to get a wellness screening through the Deaconess Employee Wellness program if I've had a physical exam recently?

A. No- But you will need to submit proof of your physical exam in order to obtain your wellness incentive. Your annual physical exam must be completed by a Primary Care Provider for the incentive to count. This visit must contain height, weight, blood pressure, cholesterol, and glucose for all; and A1C for those who have diabetes.

Q. I'm pregnant. Should I get my wellness screening now or wait until I have my baby?

A. To participate in wellness incentives, you must complete a wellness screening or annual visit with your PCP during the current benefit year. You will need a minimum of a blood pressure entered by your PCP. **Your OBGYN visits will not count for the incentive, it must be with a PCP or the wellness team.** If you choose to come see the Wellness team, the coach will take your blood pressure and review the HRA program with you. You DO NOT need to fast, as blood work will not be completed.

Q. I'm post-partum. Do I still need to complete a wellness screening? Do I need to fast? What if I am breastfeeding?

A. To participate in wellness incentives, you must complete a wellness screening OR annual PCP (not OBGYN) visit during the current benefit year. The screening will include blood work. If you choose to see your PCP, you are still required to get labs. Fasting is highly recommended for best results. Please refer to the question below in regards to fasting. If you are breastfeeding, we recommend that you fast, if possible. If a full twelve-hour fast is not possible, the screening can still be completed.

Q. Can you give me directions to the Wellness Center where most of the wellness screenings are taking place?

A. Screenings will take place in several main locations: Midtown basement, Eagle Crest Wellness Center, Gateway Wellness Center, Gibson Hospital and Henderson Hospital Wellness Center. For the Midtown screenings go to the main hospital lobby Information Desk; locate the main elevators that are nearby. Take these elevators down to the basement. In the basement, follow the pink signs marked "Wellness Center." For Eagle Crest, go to 7100 Eagle Crest Blvd, Evansville 47715 and locate the west building. Additional signage and directions will be provided closer to screening months. Gateway Wellness Center is located near the main conference rooms near the front lobby. Gibson Hospital- located on the 5th floor. Henderson Hospital Wellness Center is just above the daycare center.

Q. Do I need to fast before my wellness screening or annual PCP visit?

A. Yes, for the best results, you should only drink water and do not eat at all during the twelve hours prior to your screening appointment. Fasting means no food, gum, mints, or liquids other than water. Please drink plenty of water and take any medications as long as no food is required. If you are breastfeeding, fast for what you can and please make note to the wellness team.

Q. Will I have privacy during my wellness screening?

A. Yes, both wellness centers will have private coaching designated areas to allow for one-on-one coaching to take place.

Q. Are my wellness screening results confidential?

A. Only you and the healthcare professionals who assist you with your programming will have access to your personal results in order to provide the advice necessary for you to understand your health status and the steps you can take to improve it. You may request a release of information if you would like to send your results to another clinician assisting with your care.

Q. Can my spouse schedule a wellness screening during the times posted for employees?

A. Yes, the posted schedule applies to employees and their spouses.

Q. If I cover my spouse under my Deaconess medical plan, will I get a bigger incentive if my spouse also gets a wellness screening?

A. You will both receive a Wellness Incentive if you both (employee and spouse) complete one of the wellness incentive requirements.

Q. My spouse works full-time, M-F, 7:30 AM – 5:00 PM, at a location several miles from Deaconess Hospital. Will he/she be able to get a wellness screening without taking time off work?

A. Screenings are available at a variety of dates/times. Times vary as early as 6 am. The Deaconess Employee Wellness staff will work with anyone who is having difficulty getting to the Wellness Center during its business hours within reason. Please contact us for further details.

Q. If I don't have medical coverage through Deaconess Hospital, am I required to get a wellness screening? Can I get a screening if I want one?

A. If you do not participate in a Deaconess medical plan, you are not required to get a wellness screening.

Q. Will I still receive my insurance even if risk factors are identified at my screening?

A. All employees eligible for medical insurance will receive coverage regardless of any risk factors identified during their wellness screening.

Q. How do I benefit from participating in the Deaconess Employee Wellness program?

A. There are four important ways you may benefit from the program: a free wellness screening and personal wellness plan, improved health, cost savings (through reduced medical premiums and fewer healthcare expenses) and enhanced ability to serve your patients and customers.

Q. What does the hospital gain from offering the Deaconess Employee Wellness program?

A. Hospital leadership believes that improved health and health management will ultimately help us serve our patients and customers better and more efficiently. It will also help the hospital manage its rising healthcare costs and continue to offer medical coverage at a price that is affordable for you and the hospital.