



2019 Harlem Wellness Program ~ Step 1

See dates for start/completion below

Deadline: No later than Sunday, June 30, 2019

In order to avoid the \$50 monthly surcharge to insurance premiums for calendar year 2020, both components of Step 1 MUST be completed no later than Sunday, June 30, 2019.

Please see completion guidelines below for each:

ANNUAL BIOMETRIC SCREENING

Complete between December, 1, 2018 – June 30, 2019.

This can be completed at the Harlem District On-Site Biometric Screenings that are offered during the months of February – April 2019 OR through your own Doctor's office.

Employee is to decide if biometric results submitted for the Wellness Year will be from on-site biometric screenings **OR** from their Doctor's office. ***Once results have been submitted, they are considered FINAL and will NOT be replaced.***

ON-SITE SCREENING

- Communication will be provided when sign-ups are available.
- Outside agency that Harlem School District contracts with will provide biometric screenings and manage this portion of our Wellness Program, maintain confidentiality of all results.
- There is no cost to the employee to complete this biometric screening on-site.
- Once on-site screening is completed, results are final and is what will be reported as an aggregate to the Wellness Department.

COMPLETE WITH YOUR DOCTOR'S OFFICE

- PHYSICIAN DATA FORM will require completion by your Doctor's office with the results.
- It is EMPLOYEE RESPONSIBILITY to ensure the PHYSICIAN DATA FORM has been received by the outside agency (identified on the form) no later than Sunday, June 30, 2019.

BLUE CROSS BLUE SHIELD ONLINE HEALTH ASSESSMENT

Complete between January 1, 2019 – June 30, 2019.

It is recommended to complete the online health assessment **AFTER** your biometric screening is completed as there will be a section on the assessment that will ask for your results.

This can be completed by logging into one of the following websites:

- www.bcbsil.com
- www.wellontarget.com

Important Phone numbers:

BCBS Member Services 888-706-0583 (User ID and Password assistance)

Well on Target Technical Assistance 877-389-3651 (Online Health Assessment and Points)

Questions? Please contact

Diana Disch

Harlem Wellness Coordinator

diana.disch@harlem122.org • Ph.# (815) 654-4500 ext. 1031 • Human Resource Fax# 815-282-2392