

Free Biometric Screening



SEH offers free biometric screenings to employees and their spouses/domestic partners participating in an SEH health plan as of July 1, 2022. Employees and spouses/domestic partners that join the SEH health plan. After this date, employees will automatically receive the Wellness Credit until the next opportunity to participate.



The program's purpose is to make you aware of risk factors that can lead to future disease and to support you in taking the steps necessary to achieve optimal health.



REASONS FOR YOU TO PARTICIPATE

Wellness Credit

In 2023, employees and spouses/domestic partners on an SEH health plan will receive a Wellness Credit for their employee-only medical premium if they:

- Participate in the biometric screening
- Achieve a minimum score of 71 OR improve score by five points over the previous year



Spouses/domestic partners on the health plan must meet the same qualifications for the employee to receive the Wellness Credit.

Comprehensive

The assessment provides many valuable health tests. In addition to the graded results, 21 blood tests often requested by physicians at a health checkup are also included. If any are considered to be "medical alerts," your report will identify the alert value(s) for you to share with your doctor.

Convenience

An experienced independent medical professional conducts the biometric screening at SEH offices on a workday.

Confidential

Test results are confidential. Only Healics and the local health screen provider will have access to your information.

Annual Comparisons

Reports will show all annual data in the Healics files since you started the program. As a participant, you will be able to compare current results with past years.

THE STEPS

Step 1—Scheduling/Sign Up

- Employees can schedule biometric screenings at www.healics.com.
- Access code information may be found on the Connect Biometric Screening page titled "Biometric Screening Scheduling Instructions."
- Participants must sign up by July 22. **Employees and spouses or domestic partners that do not sign up by the deadline can participate in the day of the assessments if there is an open appointment.** Appointments will not be added.



BIOMETRIC SCREENING INCLUDES(*):

ALBUMIN
Alkaline Phosphatase
Bilirubin
Blood Pressure
BUN (Blood Urea Nitrogen)
Calcium
Creatinine
GGT
Globulin
Glucose
HDL (good) Cholesterol
LDH
LDL (bad) Cholesterol
Nicotine/Tobacco Use
Protein
PSA (optional)
Ratio between Total & HDL Cholesterol
SGOT (AST)
SGPT (ALT)
Total Cholesterol
Triglycerides
Uric Acid
Weight

(*) Only these blood tests will be performed. No drug or HIV testing will be done.

FREE BIOMETRIC SCREENING CONTINUED

- Additional information and communications may be found on the Connect Biometric Screening page or you may contact Caytla Eckert in Human Resources directly at 651.414.5187.

Step 2

- Participate in a brief biometric screening.

Optional Prostate Specific Antigen (PSA) test for males 50 or older. Just check "Yes" on the Laboratory Consent Form.

Step 3

- Within three weeks, you will receive an easy-to-read report through the MyHealics Dashboard with individual results and the Healics Scoring Table.

HEALTH RISK REPORT

In addition to information on measurable health risks, your confidential report also gives feedback on self-reported risks such as seat belts, exercise and alcohol consumption.

HIGH-RISK ASSESSMENT MAY QUALIFY FOR THE SAME PREMIUM REDUCTIONS

If your points are too low to qualify for the Wellness Credit, there may be an alternative. Contact Healics at 1.800.432.5427 for more information.

Please refer to the COVID-19 Field Precautionary Measures document located on Connect to learn more about additional requirements to the screening process.

