

FAQs

2020 Health Screening and Assessment



1. Who needs to do the health screening?

Employees and Spouses enrolled on the Brooks Medical Plan. Spouses who complete the health screening and assessment will have \$250 added to their Health Savings Account (HSA).

2. What will I be tested for in the health screening?

The health screening will test for Total Cholesterol (TC), High-Density Lipoproteins (HDL), Low-Density Lipoproteins (LDL), Blood Glucose, Height, Weight, BMI, Blood Pressure, and waist circumference. Cholesterol and blood glucose are tested with a finger-stick.

3. Do I have to fast for the health screening?

It is recommended that you fast 2 hours before your appointment. However, Health Designs, the screening company, can adjust for non-fasting values if needed.

4. I had lab work with my PCP within the last 6 months – can I use that data?

Yes, you can use lab work data that is less than 6 months old to complete your health assessment. Please note: since this data is entered by the employee into the assessment, it is considered “self-reported,” and you will not receive points on your Rally program toward the \$100 gift card. In order to receive these Employer Reward points, you must have your biometric data verified through either the onsite screening, LabCorp, or your Primary Care Physician (PCP). If you’d like the data to be verified through your PCP, please have them fill out the appropriate form (see question #7).

5. When is the health screening and subsequent health assessment due by?

For employees, the health screening and assessment is due by **Tuesday, March 31, 2020**. Spouses can complete the health screening and assessment at any point during the 2020 calendar year, but the earlier they complete it the better.

6. What happens if I do not complete the screening and assessment?

If the employee does not complete the health screening and assessment by 3/31/20, they will be charged \$31.25 per paycheck for the 2020 calendar year. **There are no refunds.**

There is no penalty if the spouse does not complete the screening and assessment, however, they will not receive the HSA contribution if they do not complete these items.

7. What if I cannot make it to the onsite health screenings?

If you cannot make the onsite health screenings, you can go to LabCorp or get lab work done with your PCP at your annual physical. Both of these options are at no cost to the employee. Please see the Health Designs LabCorp and Physician forms on MyBrooks or the [Be Well For Life page](#) on brooksbenefits.org.



You need to make an appointment with LabCorp using the LabCorp form; if you do not use the appropriate form to make an appointment with LabCorp, you may be charged for the visit. We do not reimburse for LabCorp visits.

Please bring the Physician form with you to your PCP visit. Your PCP will fill out the form and give it back to you. It is the employee's responsibility to send the information to Health Designs via email, fax, or mail (instructions are on the form). Health Designs will send the information to Florida Blue.

Please Note: LabCorp can be used for the completion of your health screening, as stated above. However, LabCorp is not an in-network or participating provider in the Brooks Rehabilitation Employee health plan. Therefore, unless otherwise stated (as above), lab work performed by LabCorp, will not be covered under the Brooks Rehabilitation health plan.

8. I'm a new hire – do I have to complete the health screening?

Yes! For employees hired on or after January 1, 2020, you have 60 days from the start of your benefits to complete the health screening and assessment. Please see question #7 regarding setting up your offsite health screening appointment.

9. Where do I take the health assessment?

You can find the health assessment on Rally. To access Rally, login to www.myhealthtoolkitfl.com (create an account if you have not already done so) > Wellness Tab > Rally > Click "Log in now and take the health survey to get your Rally age" OR the "What's Your Rally Age?" Banner. You will need to make a separate account with Rally.

10. How do I know if I have completed the assessment?

Employees will be able to see it as "Completed" under the Employer Rewards page. From the dashboard, you can click on the View Details box under the "Employer Rewards" headline. This will take you to the Employer Rewards page where you will see all of your completed activities under the "Completed" headline with a check mark in the green circle.

11. Does Rally have an app?

You can access Rally through the BCBS Toolkit app or the Rally app. Both are available through the Apple App Store and Google Play.

12. Where can I find more information on Rally?

Please visit the [Be Well For Life page](http://BeWellForLife.page) on brooksbenefits.org.

13. Who should I contact with questions?

Please reach out to Sara Falk, Wellness Coordinator, at office number (904) 345-7472 or email brooks.wellness@brooksrehab.org.