

2021 Health Screening and Survey FAQs



1. Who is eligible for the health screening?

Employees enrolled on the Brooks Medical Plan through Blue Cross Blue Shield.

2. What tests will the screening offer?

The screening will provide measures of Total Cholesterol (TC), High-Density Lipoproteins (HDL), Low-Density Lipoproteins (LDL), Blood Glucose, Height, Weight, BMI, Blood Pressure, waist circumference, cholesterol, and blood glucose via a finger stick and questionnaire responses.

3. Do I have to fast?

We recommend a 2-hour fast; however, it is not required. Results will be adjusted to accommodate your fasting status.

4. Where do I sign up for the health screenings?

To see available dates/times/locations and to sign up for a screening, please visit <https://pickatime.com/BrooksRehabilitation>.

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

For employees, the health screening and survey is due by **March 31, 2021**. Spouses can complete the survey at any point during the year, but the earlier they complete it the better.

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

If the employee does not complete the health screening and survey by 3/31/21, they will be charged \$31.25 per paycheck for the 2021 calendar year. **There are no refunds.**

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.

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?

No, employees hired in 2021 do not need to complete the program in order to receive the incentive.

9. Does my spouse have to complete the health screening?

For 2021, spouses do not have to do the health screening. However, if your spouse completes the health survey by 12/31/2021 with their available health data from the last 6 months, you will receive \$250 in your HSA account. There is no penalty if the spouse does not complete the survey, however, they will not receive the HSA contribution if they do not complete the survey.

10. Does my child/dependent have to complete the health screening?

No, children/dependents do not have to complete the health screening.

11. Where do I take the health survey?

You can find the health survey on Rally. To access Rally, login to www.myhealthtoolkitfl.com (create an account, if needed) - 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

12. How do I know if I have completed the survey?

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.

13. 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.

14. Where can I find more information on Rally?

Please visit the Be Well For Life page on www.brooksbenefits.org.

15. 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 or Hanna Chester, Wellness Manager at The Bailey Group, at 904.417.6013 or email HChester@mbaileygroup.com.