

# HEALTH SCREENING FORM INSTRUCTIONS

Bring this page and the Health Screening form to your healthcare provider.

## Why it matters

An important part of your health is to learn your numbers, celebrate the things you are doing well and to review where you can improve. Earn HealthyLiving rewards for getting a health screening and for meeting or improving healthy measures such as body mass index (BMI), blood pressure, total cholesterol and glucose.

## Steps you need to take

Complete your screening between July 1, 2021 and June 15, 2022 and submit the form by June 15, 2022 to earn rewards. Follow these steps:

### Step 1: Schedule your screening tests with your healthcare provider

### Step 2: Complete the Health Screening Form

- Complete the **Part 1: Member Information** section and sign the bottom of the form.
- Have your physician complete **Part 2: Healthcare Provider** section as well as a signature.

### Step 3: Submit your Health Screening Form via:

- Fax to **508-302-0055** or
- Upload directly to your HealthyLiving account – Sign in to your account, click on the **Support** tab on the right side of your screen and select **Send a Form** from the top menu bar. Then choose the appropriate form option from the drop-down menu.

*Incomplete or altered submissions of this form may delay or eliminate your health screening incentive eligibility.*

## How to earn rewards

Meet the healthy range below OR meet the rewarded improvement from your prior results from last year's programs.

Measure	Rewarded Healthy Range	Rewarded Improvement
<b>Body Mass Index (BMI)</b>	Less than 30	Improve 5% or more
<b>Blood Pressure</b>	Less than 140/90 mmHG	Improve 5% or more
<b>Total Cholesterol</b>	Less than 240	Improve 5% or more
<b>Glucose</b>	Fasting less than 126 Non-fasting less than 200	Improve 5% or more

You will see this requirement marked as **Complete** on your **My Rewards** page in your HealthyLiving account 10 business days after the form is loaded into the system. Your results can be found in the **Stats** section of your account. Use your results to help guide the topics and healthy habits you'd like to focus on.

For more information, sign into your Virgin Pulse account at [member.virginpulse.com](http://member.virginpulse.com).

