The Hartford Health Screening Program (Fall 2021)
Frequently Asked Questions

GENERAL QUESTIONS

What is a health screening?
A health screening provides an assessment of an individual’s basic health status and offers valuable insight into an employee’s health risks. The screening consists of a finger stick blood test or blood draw for cholesterol (total cholesterol, HDL and LDL), triglycerides and blood sugar. Measurements of height, weight, blood pressure, waist circumference, and body mass index are also taken.

Why is The Hartford offering the health screenings?
Health screenings are very important to make you aware of your biometric measures in the event any are outside standard ranges and indicate health risks. Knowing your health risks will alert you to seek medical care, if needed, and to take action by making changes in your lifestyle to improve your wellbeing.

Why should I get my health screening?
Your well-being is important. With the right information, you can be better prepared to address any health risks that could possibly affect the quality of your life.

Plus, you can earn credits toward your health premiums by having a screening and for your screening results that are in the normal healthy range. If you are enrolled in The Hartford’s health plan, you will earn 120 wellness points for participating in the company-sponsored health screening program. In addition, you will earn 30 additional wellness points for each of five screening measures that fall within the healthy range. For more information, see WELLNESS POINTS.

How long does the screening take?
The screening takes approximately 15-20 minutes.

---

1 To be eligible for wellness points and to receive a health premium credit, you must be enrolled in The Hartford’s CDHP, EPO or PPO health plan options. Dependents and plan members on long-term disability or COBRA are not eligible for health premium credits. In addition, to receive health premium credits, you must complete the health risk assessment, which is available on My Wellness at Work.
Do I need to fast for the screening?
For the most accurate results, you should fast for at least nine hours prior to your screening. Non-fasting testing may cause your results to fall outside of the healthy value ranges required for earning additional wellness points. You may only have water during the fasting period.

Are the health screenings mandatory?
The screenings are not mandatory. However, you will not be eligible to receive wellness points for completing a screening or for having healthy outcomes unless you complete a screening.

Will my personal results be shared?
No. Your personal results are entirely confidential. The Hartford will receive an aggregate report that summarizes total average numbers to assist in planning employee wellness programs. The results of your biometric screening will be shared with Welltok, The Hartford’s wellness vendor, and will automatically populate in your health risk assessment, which will be available for you to complete in January 2022. Your results may also be used to recommend certain optional and confidential wellness programs to you.

Will my results be sent to my physician’s office?
No. However, we encourage you to bring your results report to your next doctor’s visit or send the office a copy for your medical records file.

**YOUR HEALTH SCREENING OPTIONS**

What options do I have for getting a no-cost screening?
Screening options are available to ensure all employees can have a no-cost health screening. It is important for you to carefully read and follow the instructions below. It is your responsibility to ensure that you follow these steps and take responsibility for making sure that your results are received by TotalWellness.

You can choose between three options. **Regardless of the option chosen, you must complete your screening by Nov. 12.**

The three options include:

- **LabCorp Facility** – have your screening at one of thousands of LabCorp facilities located around the country.

- **Physician** – use the results from a screening you have had already in 2021, or have your screening done by your doctor. **Please note:** if your doctor requires an office visit before ordering the screening, you will be responsible for the applicable office visit cost. You should confirm costs with your doctor’s office and insurance company prior to having your screening.

- **CVS Pharmacy MinuteClinic** – have your screening at a participating MinuteClinic located in select CVS Pharmacies.
How do I go about having a screening done at a LABCORP facility?

To have your screening done at a LabCorp facility, complete these steps by Nov. 12:

1. Log on to The Hartford Biometric Screening Program site to:
   - Download a LabCorp screening voucher.
   - On the day of your screening appointment bring your screening voucher, appointment confirmation number, and a photo ID.

LabCorp will transfer your screening results directly to TotalWellness. You can also request that a copy of your results be mailed to you.

Do I have to schedule an appointment to participate at a LabCorp Facility?

You do not have to schedule an appointment, but it is highly recommended so that you do not have to spend extra time at the lab. Online appointment scheduling is available for all LabCorp sites. Same day appointments are available and can be made up to 2 hours prior to arrival.

To schedule an appointment, visit https://www.labcorp.com.

- Select ‘Labs & Appointments’.
- Enter your ZIP code to search for the closest lab. Be sure to select ‘Employee Wellness’ under the service tab. This will bring you to a list of LabCorp locations.
- Choose your preferred location and click ‘Schedule an Appointment’.
- In the Appointment Tool, select ‘Employee Wellness with Body Measurement’ under ‘Reason for Testing’, then choose to ‘Find first available’ appointment OR select a specific Date and Time.
  
  IMPORTANT NOTE: Be sure to select ‘Employee Wellness with Body Measurement’ to ensure the lab you visit is equipped to perform the full screening.

- Once you’ve selected your date and time you will need to enter your Contact Information and click ‘Finish’.
- Confirm your appointment information and click ‘Confirm’.
- Bring your Confirmation Number with you to your appointment along with the Screening Voucher and photo ID.

IMPORTANT REMINDER: You are responsible for making sure your PCP screening form is complete, submitting it to TotalWellness and ensuring it is received. Faxes sent directly by doctors’ offices will not be accepted. You will receive an email confirmation from TotalWellness acknowledging receipt of your completed form. If you do not receive a confirmation, resend and call 888.434.4358 ext .127.

How do I go about having a screening done by my physician?

If you had a screening already done in 2021 or would prefer to have your screening performed by your physician, you must complete these steps by Nov. 12:

1. Log on to The Hartford Biometric Screening Program site to:
   - Print the biometric screening form. If for some reason, you are unable to print the form, email HealthCenter.Hartford@thehartford.com to request one be mailed to you.

2. Contact your physician to schedule your screening. Keep in mind that if your doctor requires an office visit before ordering the screening, you will be responsible for the applicable office
visit cost. You should confirm costs with your doctor’s office and insurance company prior to having your screening.

3. Have your physician complete and sign the biometric screening form and give you a copy.

4. Provide your completed biometric screening form to TotalWellness in one of three ways. Only fully completed forms will be accepted.
   - **Secure Fax Number**: 402-939-0387, Attn: Hartford Support
   - **Mail** - send your form to TotalWellness, Attn: Data Department | 9320 H Court | Omaha, NE 68127

**IMPORTANT NOTE:** You are responsible for sending in your information. TotalWellness does not work directly with doctors’ offices.

**How do I go about having a screening done at a CVS Pharmacy MinuteClinic?**

To have your screening done at a CVS Pharmacy MinuteClinic, complete these steps by Nov. 12:

1. Log on to The Hartford Biometric Screening Program site
2. Download a MinuteClinic screening voucher.
3. Locate a MinuteClinic nearest you by visiting minuteclinic.com or calling 1.866.389.ASAP(2727).
4. On the day of your screening, you must bring the printed voucher and a valid photo ID.

CVS will transfer your screening results directly to TotalWellness after your visit. You can also request a copy of your results during your visit.

**Do I have to schedule an appointment to participate at a participating CVS Pharmacy MinuteClinic?**

No, you do not have to schedule an appointment to receive your screening at a participating CVS Pharmacy.

**Wellness Points**

When will I receive my wellness points on the My Wellness at Work platform for completing my health screening?

You should be able to view the wellness points you earn for participating in the screening program on the Rewards tab of the My Wellness at Work site within approximately two weeks after your screening depending on the screening option you elect.

**How can I earn additional wellness points based on my screening results?**

Employees whose screening values are within the normal healthy range will be rewarded with additional wellness points – which will post on the My Wellness at Work site in January 2022 when the annual health risk assessment launches. If you participate in the company-sponsored health screening program, you can earn 30 wellness points for each of the five measures below that fall within the healthy range (up to a total of 150 additional wellness points).
<table>
<thead>
<tr>
<th>Measures</th>
<th>Healthy Values</th>
<th>Wellness Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Mass Index (BMI)</td>
<td>&lt;25</td>
<td>30</td>
</tr>
<tr>
<td>Triglycerides or Total Cholesterol</td>
<td>&lt;150 mg/ml</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td>&lt;200 mg/dl</td>
<td></td>
</tr>
<tr>
<td>HDL</td>
<td>&gt;40 mg/dl</td>
<td>30</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>&lt;120/80</td>
<td>30</td>
</tr>
<tr>
<td>Blood Glucose</td>
<td>&lt;100 mg/dl</td>
<td>30</td>
</tr>
</tbody>
</table>

If I choose not to have a health screening will I be able to earn 120 wellness points in other ways?

In lieu of a screening, you can earn 120 wellness points by participating in other wellness programs including completing activities on the My Wellness at Work portal.

**QUESTIONS**

What if I have additional questions?

If you have any questions about the health screening program, please call or email TotalWellness at:

- **Email:** Hartfordsupport@totalwellnesshealth.com
- **Phone:** 888-434-4358 ext. 127, Monday through Friday, 8 a.m. to 5 p.m. Eastern time.