

BEYOND WELLNESS TO  
**TRUE  
POTENTIAL**

*Naperville* 2013  
Community Unit School District 

**2018 Wellness Screening Guide**





# MOVE FORWARD WITH YOUR HEALTH AND TAKE PART IN A WELLBEING ASSESSMENT

**Naperville School District 203** wants to help you reach your health goals in 2019, and that journey starts with a voluntary wellness screening!

**All Employees, Spouses and Retirees are Eligible to Participate!** There is no cost for the screening if you are enrolled in a District 203 BlueCross BlueShield Health Plan! If you are **NOT** enrolled in the district's BCBS health plan, the cost of the screening is \$100.

**Flu immunizations** are also available at time of screening! If you are enrolled in a District 203 BCBS health plan, it will be billed to the insurance\*. If you are **NOT** enrolled in a District 203 BCBS health plan or carry the district insurance as secondary coverage, the cost for the flu immunization is \$30.

Payment is due at the time of service and can be made with a check, credit/debit card or HSA debit card. Medicare is not accepted as payment.

**All district covered employees and spouses must present their District 203 BCBS insurance card at time of screening and flu immunization.**

## Insurance Premium Qualifications

**IN ORDER TO RECEIVE THE HEALTH INSURANCE PREMIUM DISCOUNT FOR THE 2019 PLAN YEAR, ALL INSURED EMPLOYEES AND SPOUSES ON THE DISTRICT PLAN MUST COMPLETE THE SCREENING AND MEET THE REQUIREMENTS FOR THE OUTCOMES BASED WELLNESS PROGRAM.**

*\*For spouses that are primary on the district insurance only*



EASY  
SIGN-UP  
GETS RESULTS  
QUICKER  
AND YOUR  
HEALTH  
ON TRACK  
FASTER



Go to [app.chcw.com](http://app.chcw.com).



If you've screened with CHC Wellbeing before, enter your username and password in the 'Individual Log In' box. Once you have logged in, enter program code **3680Nap125** to join the new program, and then click on 'Schedule Your Screening' to start registration.

If this is your first screening with CHC Wellbeing, enter program code **3680Nap125** in the 'New Participants' box. Follow the prompts to complete your registration and Health & Lifestyle Survey. Please call **866.373.4242** if you need help or to sign up by phone with a CHC representative.

**NOTE:** If you clicked on "Sign Up for a Flu Shot & Wellness Screening," make sure to follow the directions below to sign up for a flu shot after you complete your screening registration.



After signing up for the screening, go back to your portal dashboard and click on the link to register for the flu shot. If you do not want to participate in the screening and only want to receive a flu shot, you can sign up by simply clicking on the flu shot link only.



This is a fasting test! For precise results, **please fast 10-12 hours before testing**. You cannot eat but may have water, black coffee or tea (no cream or sugar). If you are on prescription medication, please take your medication as instructed by your physician. Consult your physician if you are diabetic or hypoglycemic.

# Onsite Screenings & Flu Immunizations

Location	Date	Time	Room
Ann Reid Early Childhood Center	Wednesday, October 3	6am - 10am	Multi-Purpose Room
Beebe Elementary	Wednesday, September 12	6am - 10am	Teacher's Lounge
Ellsworth Elementary	Tuesday, September 18	6am - 10am	Gym
Elmwood Elementary	Friday, September 14	6am - 10am	Multi-Purpose Room
Highlands Elementary	Wednesday, October 3	6am - 10am	Stage
Jefferson Junior High	Monday, September 24	6am - 10am	Lounge
Kennedy Junior High	Tuesday, September 18	6am - 10am	Learning Commons
Kingsley Elementary	Tuesday, September 18	6am - 10am	Multi-Purpose Room
Lincoln Junior High	Wednesday, September 19	6am - 10am	Lounge Area
Madison Junior High	Thursday, September 27	6am - 10am	Staff Lounge/ Conference Room 2
Maplebrook Elementary	Wednesday, September 12	6am - 10am	Stage
Meadow Glens Elementary	Tuesday, September 11	6am - 10am	Multi-Purpose Room
Mill Street Elementary	Tuesday, September 25	6am - 10am	Multi-Purpose Room
Naper Elementary	Wednesday, September 12	6am - 10am	Gym
Naperville Central	Saturday, September 15	6am - Noon	Auditorium Upper Lobby
Naperville Central	Monday, September 17	6am - 11am	Auditorium Upper Lobby
Naperville North	Wednesday, September 26	6am - 11am	Faculty Lounge
Naperville North	Saturday, September 29	6am - Noon	Large Cafeteria
Prairie Elementary	Tuesday, September 11	6am - 10am	Multi-Purpose Room
PSAC	Thursday, September 20	6am - 10am	Conference Room A
PSAC	Saturday, October 13	6am - Noon	Conference Room A
PSAC	Saturday, November 10	6am - Noon	Conference Room A
Ranch View Elementary	Tuesday, September 25	6am - 10am	Gym
River Woods Elementary	Wednesday, September 26	6am - 10am	Multi-Purpose Room
Scott Elementary	Monday, September 17	6am - 10am	Stage
Steeple Run Elementary	Wednesday, September 19	6am - 10am	Multi-Purpose Room
Transportation	Tuesday, October 2	8am - 11am	Driver's Lounge
Washington Junior High	Wednesday, October 3	6am - 10am	Stage

# OUR 37 PANEL BLOOD TEST GIVES A COMPLETE SCOPE OF YOUR WELLBEING



## **Anemia, Infections, & Certain Cancers**

Iron  
WBC, RBC, MCV, MCHC, RDW  
Platelet Count, Hemoglobin,  
Hematocrit  
Globulin, Total:  
Albumin Serum  
A/G Ratio  
MCH



## **Heart Disease & Stroke**

Cholesterol  
Percentile Cholesterol  
Triglycerides  
HDL and LDL  
HDL/Cholesterol-Risk Ratio  
Calcium



## **Kidney Disease**

BUN/Creatinine Ratio  
Creatinine  
Phosphorus  
Sodium  
Potassium  
Chloride  
Urea Nitrogen  
Carbon Dioxide



## **Nutritional & Gastrointestinal Disorders**

Total Protein  
Albumin  
Uric Acid



## **Liver & Gallbladder**

Total Direct Bilirubin  
Alkaline and Phosphates  
AST, ALT, and GGT  
Albumin Total Protein  
LDH



## **Diabetes**

Blood Glucose  
A1c Reflex – Included if  
triggered by a glucose  
reading of 100 mg/dL or  
greater



## **Blood Pressure Reading**

taken before your  
screening



The CHC Wellbeing  
research-based **Health &  
Lifestyle Survey** is a  
questionnaire that assesses  
lifestyle choices to better  
evaluate your overall  
wellbeing



ADDITIONAL  
TESTS  
LET YOU  
GO FARTHER  
WITH YOUR  
HEALTH  
JOURNEY

CHC Wellbeing offers additional tests for your individual health needs. Supplemental test fees are billed directly to BlueCross BlueShield for all employees who are enrolled in the district's BCBS health plan and for spouses who carry the district's insurance plan as primary coverage. (See FAQs for how insurance will be billed.) Payment is due at time of service for all other screening participants. Dollar amounts as indicated are out-of-pocket costs. Accepted payments include check, credit/debit card or HSA debit cards. Medicare is not accepted as payment.

### Hormone

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**Testosterone:** measures the amount of the male hormone Androgen. Both men and women can select the Testosterone test if they are experiencing a decreased sex drive, infertility, erectile dysfunction in men, testicular tumors, hypothalamus or pituitary disorders, and hirsutism and virilization in women. **Billable to the district's BCBS Platinum and Gold PPO plans.** **\$42**

**TSH (Thyroid):** evaluates thyroid function and/or symptoms of a thyroid disorder. An underactive thyroid gland can cause symptoms such as weight gain, tiredness, dry skin, constipation, a feeling of being too cold, or frequent menstrual periods. An overactive thyroid can cause symptoms such as weight loss, rapid heart rate, nervousness, diarrhea, a feeling of being too hot, or irregular menstrual periods. If you have any of these symptoms you should be tested. **Billable to the district's BCBS Platinum and Gold PPO plans.** **\$42**

### Diabetes Detection

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**Hemoglobin A1c:** provides an average of your blood sugar control over the past 2 to 3 months from the date of the test. The higher the A1c level, the higher the risks of developing complications related to diabetes. This blood test is used to diagnosis Type 1 and Type 2 diabetes. (No fasting required). **By electing to purchase this test you are guaranteed that the Hemoglobin A1c will be tested and resulted. A participant will not receive a refund regardless if Hemoglobin A1c reflex test is triggered by basic screening glucose level. Billable to the district's BCBS Platinum and Gold PPO plans.** **\$34**

## Nutritional & Vitamin

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**Vitamin D:** used to determine if there is bone weakness, bone malfunction, or an abnormal metabolism of calcium occurring as a result of deficiency or excess. [Billable to the district's BCBS Platinum and Gold PPO plans.](#) **\$40**

**B12 & Folate:** ordered to detect deficiencies and to diagnose various anemias. Once the deficiency diagnosis has been made, this test can also be useful to determine the effectiveness of treatment. [Billable to the district's BCBS Platinum and Gold PPO plans.](#) **\$42**

## Digestive Health

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**H. Pylori:** measures the level of stomach bacteria H. pylori, which is a bacteria that lives in the mucous lining of the stomach. Without treatment, the infection can lead to ulcers. [Billable to the district's BCBS Platinum and Gold PPO plans.](#) **\$41**

## Cancer Detection

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**PSA (Prostate):** measures the blood level of PSA, a protein that is produced by the prostate gland. The higher a man's PSA level, the more likely it is that he has prostate cancer. Until recently, many doctors and professional organizations encouraged yearly PSA screenings for men beginning at age 40. It is now recommended that men who are at higher risk for prostate cancer, including African American men and men whose father or brother had prostate cancer, begin screening between the age of 40 and 45. [Billable to the district's BCBS Platinum and Gold PPO plans.](#) **\$39**

[Additional tests below are not eligible for insurance billing.](#) Screening participants who elect one or more of these tests are responsible for the full out-of-pocket cost at the time of the onsite screening. Fees can be paid with check, credit/debit card or HSA debits cards. Medicare is not accepted as payment.

## Heart Health

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**Cardio C:** identifies inflammation of the arteries. Individuals with personal or family history of heart attack, stroke, sudden cardiac death, and/or peripheral arterial disease should select this test. **\$39**

**Nuclear Magnetic Resonance (NMR):** utilizes imaging that produces a representation of the lipoproteins found in a simple blood sample. This test goes beyond a cholesterol test by providing the number of LDL particles along with the standard cholesterol information.

**Homocysteine:** Homocysteine is a substance produced by the body to digest protein. The American Heart Association indicates that elevated levels of homocysteine are linked to higher risk of coronary heart disease, stroke, peripheral vascular disease (PVD), and atherosclerosis. **\$99**

## Blood Type

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**Blood Type:** determines if a person is type A, B, AB, O and if he or she is Rh negative or positive. **\$25**

## Digestive Health

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**Gluten Allergy:** helps to diagnose celiac disease and can also help to evaluate the effectiveness of a gluten-free diet. This condition is characterized by a sensitivity to gluten (found in wheat, barley and rye) that causes inflammation. **\$29**

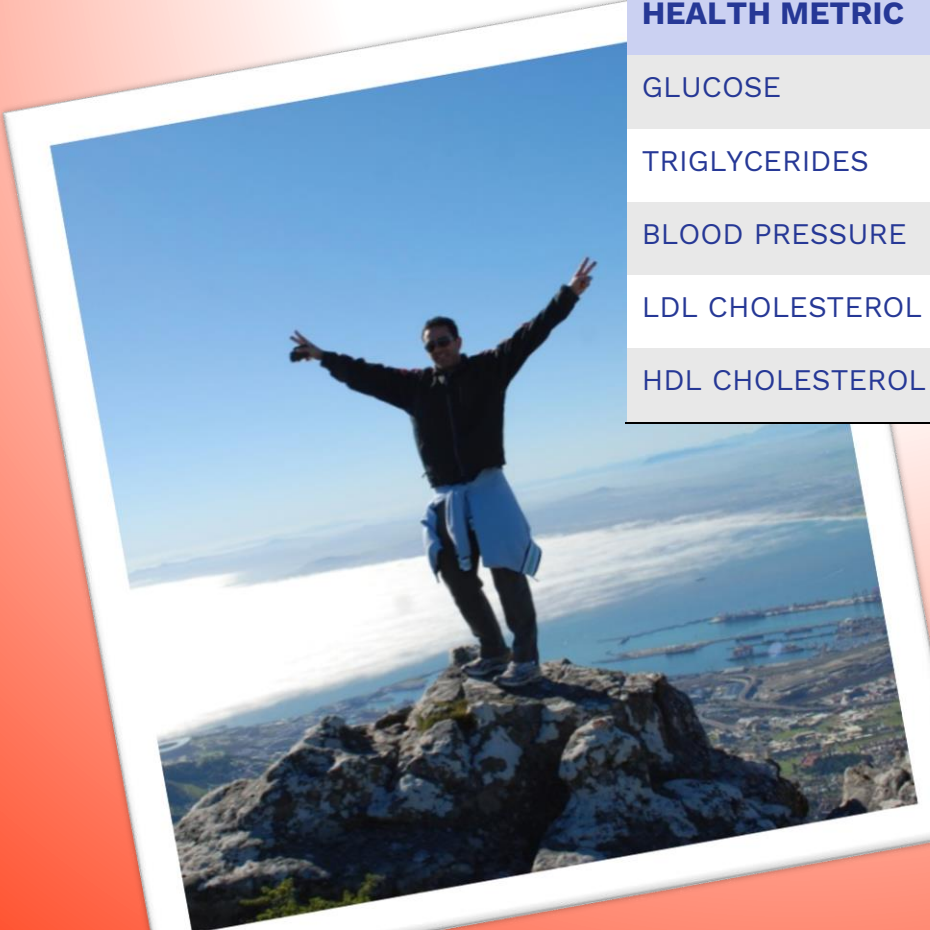
# Introducing

## Outcomes Based Wellness

Naperville School District 203 and CHC Wellbeing have teamed up to launch a new program that will help you feel empowered and motivated to take your wellbeing to the next level. Your results on certain health metrics from this year's screening will determine your eligibility for the 2019 wellness premium adjustment.\*

There are three ways to maintain the "with-Wellness" premium rate in addition to participating in the screening:

1. **HEALTHY:** Covered employee **and** spouse are in range for 3 of the 5 health metrics (listed below) for the 2018 wellbeing assessment.
2. **IMPROVEMENT:** Covered employee **and** spouse have improved by 5% on 3 of the 5 health metrics (listed below) on their 2018 wellbeing assessment as compared to the previous year's results.
3. **REASONABLE ALTERNATIVE:** If it is unreasonably difficult due to a medical condition for you and/or your spouse to achieve the standards for the wellness premium adjustment under this program, call CHC Wellbeing at 866.373.4242 and they will work with you to develop another way to qualify. Forms must be submitted to CHC by December 7, 2018, to receive the "with-Wellness" rate on the first payroll in January 2019. However, submissions for qualification will be accepted through May 24, 2019. Premiums will be adjusted accordingly with the first payroll each month.



HEALTH METRIC	RANGE
GLUCOSE	Less than or equal to 130 mg/dL
TRIGLYCERIDES	Less than or equal to 150 mg/dL
BLOOD PRESSURE	Less than or equal to 140/90 mmHg
LDL CHOLESTEROL	Less than or equal to 130 mg/dL
HDL CHOLESTEROL	Greater than or equal to 40 mg/dL

Log in to your CHC portal at [app.chcw.com](http://app.chcw.com) to access your screening results.

*\* If you do not qualify under one or more of the above means, your 2019 premium will increase \$300 if you carry employee only coverage, \$600 if you carry family coverage.*





OUR  
SCREENINGS  
ARE SIMPLE,  
SAFE AND  
CONFIDENTIAL  
—ONLY YOU  
KNOW YOUR  
RESULTS

## WELLBEING ASSESSMENT FAQ

### Is the wellbeing assessment confidential?

YES. CHC Wellbeing complies with all current HIPAA requirements, ensuring each individual's confidentiality. Neither your employer nor your insurance carrier receives any information pertaining to your personal tests, and has no access to your personal information without your permission.

### Is this a fasting test?

YES. For most precise results, you should fast 10-12 hours before testing. You cannot eat, but may drink black coffee or tea (no cream or sugar). If you are on prescription medication, please take your medication as instructed by your physician. If you are diabetic or hypoglycemic consult your physician for fasting instructions. Be sure to drink plenty of water.

### How will my insurance be billed?

The basic screening is paid for by Naperville School District 203 for all employees and spouses who are currently enrolled in the district's Platinum and Gold insurance plans. Additional tests will be billed as follows:

**Platinum PPO** – Charged as Preventive Care; covered at 100% up to the annual \$500 wellness benefit. Any balance will be subject to deductible and 80% co-insurance

**Platinum PPO Limited** – Charged as Preventive Care; covered at 100%, deductible waived

**Gold PPO HDHP** – Charged as Preventive Care; covered at 100%, deductible waived

**Gold PPO HDHP Limited** – Charged as Preventive Care; covered at 100%, deductible waived

### My spouse carries the district insurance as secondary coverage. How will he/she be billed?

The basic screening is paid for by Naperville School District 203. BCBS will process all supplemental tests and flu immunizations as Not Paid. Claims for additional tests may be sent to primary insurance vendor. Please confirm coverage before electing additional tests. You may contact CHC Wellbeing for diagnostic codes.

### Do I have to fill out a Health & Lifestyle Survey?

YES. CHC Wellbeing couples their research-based Health & Lifestyle Survey, a questionnaire that incorporates lifestyle choices, with the blood draw results in order to give a big picture of your overall health.

### When does registration for the screening close?

Registration closes at noon the day prior to your onsite screening.

### What data should I have ready when completing the wellbeing assessment?

When completing the Health & Lifestyle Survey online or at the screening you will be asked to submit your height, weight and waist measurements. If you are unsure of your waist measurement, use a measuring tape to measure the circumference of your waist which is slightly above your belly button.

### Can I send a copy of my results to my physician?

YES. If you would like CHC Wellbeing to send a copy of your lab results to your personal physician, please have the doctor's name and address when you schedule your screening, or bring this information to the onsite screening. You can also email your results to your physician at any time through your CHC Wellbeing portal.

### When will my results be available?

You will have access to your results and other health information online at [app.chcw.com](http://app.chcw.com) within 3-5 days after your screening. We at CHC Wellbeing pride ourselves on being a green company, and so we're pleased to provide convenient online access to your results on our member portal. If you prefer a printed copy, please check the box to request your report by mail when you register for your screening.

### Is this a drug test?

NO. The voluntary wellbeing assessment is a simple blood draw, blood pressure reading and questionnaire that helps detect early stages of disease and disorders.

## FLU IMMUNIZATION FAQ

### Why get vaccinated?

The flu vaccination can keep you from getting sick from the flu. This in turn reduces doctors' visits, missed work and school, as well as flu-related hospitalizations. Protecting yourself also protects those around you who are more vulnerable to flu illness, such as older adults, those with chronic conditions and children.

### What viruses does this year's vaccine protect against?

Flu vaccines protect against the four virus strains that research suggests will be most common. The 2018-2019 vaccine addresses:

- For H1N1, an A/Michigan/45/2015-like virus
- For H3N2, an A/Singapore/INFIMH-16-0019/2016-like virus
- For B Yamagata, a B/Phuket/3073/2013-like virus
- For B Victoria, a B/Colorado/06/2017-like virus

### How effective is a flu shot?

A flu vaccine is one of the most effective ways of avoiding the flu. A recent study shows that a flu vaccination is associated with a 71% reduction of flu-related hospitalization for adults of all ages. It takes two weeks for protection to develop after the vaccination, and the protection lasts for several months to a year.

### Can I get the flu from the vaccine?

The flu shot contains inactivated flu virus that cannot cause illness. The flu vaccination cannot protect against all cases; however it is the best defense.

### How old do I need to be for a flu shot?

18 years or older.

### Are there symptoms related to getting a flu shot?

Influenza symptoms may include: soreness, swelling at the injection location, low grade fever, body aches, fatigue, itching, and nausea. Keep in mind that these symptoms are very mild and short-lasting in comparison to the major symptoms of the flu.

### What are the risks associated with getting a flu shot?

Signs of serious allergic reaction are more likely to occur among those with severe allergies to egg, because most vaccines are grown in hens' eggs.

### What should I do if there is a serious reaction?

Call 911 and get to the nearest hospital. If the reaction seems minor and there is still heightened concern, call your doctor.

### Talk to your health care provider about the vaccine if you have:

- History of severe reaction to a flu vaccine
- Moderate-to-severe illness, including fever
- Severe allergy to chicken eggs
- History of Guillain-Barre Syndrome (GBS)

*If pregnant, consult with your obstetrician prior to receiving a flu shot.*

### How should I prepare?

The vaccination site will be located on the upper part of the arm. Wearing loose clothing can help for easy access to the injection site.

For more information please visit the CDC website at [www.cdc.gov/flu](http://www.cdc.gov/flu). You will also find the Vaccine Information Sheet (VIS), which explains the risks and benefits of influenza immunizations, on the CDC website.

## OUTCOMES BASED WELLNESS PROGRAM FAQ

### Who administers the program?

CHC Wellbeing, an independent service provider, administers the program.

### Are my results confidential?

All results of this program are completely confidential and HIPAA compliant.

### Where can I find my screening results to see if I qualify for the “with-Wellness” premium?

Log into your account at [app.chcw.com](http://app.chcw.com) and click ‘Rewards’ on the navigation bar. Click on the Physical Wellbeing Points bar to see your results for the five specific metrics. You will see a box for each metric – green, range met; red, range not met.

### How do I obtain the Reasonable Alternative Form?

Call CHC Wellbeing at 866.373.4242 or login at [app.chcw.com](http://app.chcw.com) and click ‘Rewards’ on the navigation bar. From the ‘Rewards’ page click on the Reasonable Alternative link under Common Questions to request a form.

### How does the Reasonable Alternative process work?

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the wellness credit under this program, call CHC Wellbeing at 866.373.4242 or go online to obtain the Reasonable Alternative Form. Take the form to your physician. Once the form is completed by your physician and submitted to CHC, you will earn credit for the approved metrics. Forms must be submitted to CHC by **December 7, 2018**, to receive the “with-Wellness” rate on the first payroll in January 2019. However, submissions for qualification will be accepted through May 24, 2019. Premiums will be adjusted accordingly with the first payroll each month.

### Who has access to my Reasonable Alternative Form?

Reasonable Alternative Forms are exclusively handled by CHC Wellbeing.

If you have any additional questions, please contact CHC Wellbeing at **866.373.4242**.

*Naperville* 2023  
Community Unit School District 

