



Designed Wellness Frequently Asked Questions – Health Screening

Q What is the purpose of the Designed Wellness program?

A ACEC Life/Health Trust wants to help you be healthy. We partner with Virgin Pulse and your firm to provide you with engaging wellness offerings that will help you improve your lifestyle habits, reach your health goals, and keep you feeling your best! Designed Wellness programs are designed to fit into your busy lifestyle and reward you for taking an active role in managing your health.

We'll help you make small, everyday changes to your well-being that are focused on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun with coworkers and family members, and experience the lifelong rewards of better health and well-being.

Q Who is eligible to complete a Health Screening?

A All ACEC Life/Health Trust members and their benefits-enrolled spouse or domestic partner are eligible to participate in the Designed Wellness program.

- **Designed Wellness Premier Plan:** Completing a Health Screening is required to start earning rewards.
- **Accountable Health Improvement Plan (AHIP):** Completing a Health Screening is required to start earning rewards.

Q What does Virgin Pulse do with my information?

A Biometric values are important measures of a person's health status, and a key component of a holistic well-being program. Keeping track of your biometric measurements is helpful to identify risk factors, create a more personalized program, set and reach personal goals, and to track and improve your health.

Virgin Pulse uses your health information to learn about your current behaviors and identify what lifestyle changes could improve your well-being and happiness. Your information is confidential and will not be shared with ACEC Life/Health Trust, your employer or your insurance provider.

Q Is my participation in the Health Screening or any other Designed Wellness program tracked by my firm?

A Designed Wellness programs are available to you at no charge. We understand that changing your habits and improving your health takes time and energy, so we reward you for taking small steps towards your health and wellness goals.

- **Designed Wellness Premier Plan:** members can earn \$300 in rewards that can be redeemed through the Virgin Pulse portal for gift cards, store merchandise or charitable contributions directly from your Designed Wellness account. Plan enrollment is made at the Firm level.
- **Designed Wellness AHIP Plan:** members can earn \$400 in rewards that can be redeemed through the Virgin Pulse portal for gift cards, store merchandise or charitable contributions directly from your Designed

Wellness account. Plan enrollment is made at the Firm level.

Q When will my information from the onsite health screening appear in my Designed Wellness account online?

A Health Screening numbers will appear in your account within 10 business days after your Health Screening. You can view your numbers by logging into your Designed Wellness account, navigating to the home tab and selecting Stats.

Q What if I can't attend the onsite Health Screening? Is there another way to complete the Health Screening process?

A Yes, there are three other ways that you can complete a Health Screening.

1. **Visit your health care provider** – Your provider must complete the Health Screening Form and return it to Virgin Pulse via fax or US mail for you to receive credit for completing a screening.
2. **Visit a local LabCorp facility** – Download the free LabCorp voucher and bring with you to your screening appointment. Your results will be sent to Virgin Pulse from LabCorp.
3. **Request and complete an At Home Test Kit** – You will need to request a kit via the electronic order form, Follow the screening instructions when the kit arrives and return the kit by mail via the provided pre-paid envelope.

You can find the Health Screening Form, LabCorp Voucher and At Home Test Kit by following these steps:

- Sign up for your Designed Wellness account by going to join.virginpulse.com/DesignedWellness. Already a member? Sign in at member.virginpulse.com.
- Log in to your account using your username and password
- Go to the Benefits Tab
 - **For the Health Screening form:** select **Your Provider** near the bottom of the page, and then click on **Health Screening Form** to download the form and bring with you to your appointment with your health provider.
 - **For the LabCorp Voucher:** select **LabCorp** near the bottom of the page, and then click **LabCorp Health Screening Voucher** to download the voucher and bring with you to your appointment. There is also an option to schedule an appointment at the nearest LabCorp location.
 - **For the Home Health Kit:** select **LabCorp** near the bottom of the page, and then click **Home Health Kit** to place your order. The kit will be shipped and arrive within 3-7 business days. Due to licensing requirements, home health kits are not available to residents of New York.

Q What do I receive for completing a Health Screening?

A **Designed Wellness Premier Plan:** You'll earn \$100 in rewards for completing a screening. You must also complete an annual health assessment to begin redeeming rewards.

AHIP Plan: You'll earn \$100 in rewards for completing an annual health assessment and screening, and an additional \$100 for achieving three out of five target healthy metrics from your screening OR completing a reasonable alternative. You must meet your AHIP compliance requirement to begin redeeming rewards.

- Body Mass Index (BMI) < 30
- Glucose < 100 (fasting)
- Blood Pressure < 130/85
- Triglycerides < 150
- HDL cholesterol > 40 (males) and > 50 (females)

Didn't meet the mark? Complete a reasonable alternative (Naturally Slim or telephonic coaching program).

Q How do I contact Virgin Pulse with any questions?

A Call 888-671-9395