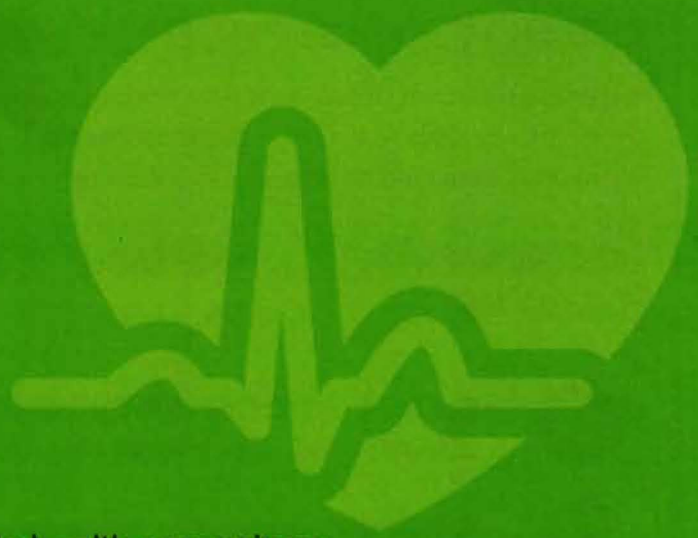


# GOAL

## RECEIVE YOUR BIOMETRIC SCREENING



Titus County is hosting onsite biometric health screenings:

**Date: March 5, 2019**

**Time: 7am – 11am**

**Date: March 7, 2019**

**Time: 7am – 11am**

**Convention Center  
1708 Industrial Road  
Mt. Pleasant, TX. 75455**

**Schedule an onsite appointment at <https://My.QuestForHealth.com>**

**Use Registration Key: Titus2019**

- **Unique ID:** First 4 letters of participant's First Name, first 4 letters of participants last name & last 4 numbers of employee's SSN
- An email will be sent to you when your results are ready online.
- A printed report will arrive in the mail 2-3 weeks after the screening.

You may also choose to complete your physical/screening with your primary care doctor between **January 1, 2019 and October 31, 2019**

**Download a Physician Lab Form at [UMR.com](http://UMR.com):**

- Log in to your online services on [UMR.com](http://UMR.com).
- Select "Health Center" from the "myMenu" on your home page.
- Choose the "Wellness Activity Center" shortcut tile and then click the "Get Started" button.
- Look for "Physician Lab Forms" in the resources area and click the "Download" button.



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## THE SCREENING PROCESS – WHAT TO EXPECT:

We use a basic set of screenings to check for conditions such as high blood pressure, high cholesterol or diabetes. Quest Diagnostics, our biometric screening partner, offers confidential screenings designed to help you in your quest for better health.

YOUR SCREENING WILL TAKE ABOUT 10-15 MINUTES AND WILL INCLUDE THE FOLLOWING:



**Consent:** You will be asked to complete and sign a Participant Notice and Consent Form. You may be asked to fill out a survey on your experience.



**Height and weight:** You will be asked to take off your shoes and empty your pockets.



**Blood pressure:** We use a blood pressure cuff for this measurement. If you results are outside of the standard guidelines, or you think the measurement is abnormal for you, we may retake it on the opposite arm.



**Body mass index (BMI):** We calculate your BMI based on your height and weight.



**Waist measurement:** We record your waist measurement with a cloth tape measure.



**Blood test:** We will need to know if you have ever fainted or felt dizzy from a blood test and whether you are currently on any medications or if you bruise easily.

### RESULTS:

You will receive an email when your results are ready to view online. Your printed report will arrive in the mail 2-3 weeks after your screening.

Make sure to review your results and then talk to your health care provider about what your numbers mean for your health.



**Quest**  
Diagnostics™



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# LET'S GET INTO BEING WELL

Finding ways to get and stay healthy doesn't have to be difficult. Healthy choices are all around us, every day.

Titus County has teamed with UMR to offer a health and wellness program to help you recognize and make the most of your opportunities.

Your participation is voluntary, and all resources are available at no cost to you. And this year, employees can earn a \$100 monthly premium differential for completing qualifying incentive activities.

## Ready to get well?

First, let's focus on some simple goals for improving your health. We'll begin with a quick look at what you can expect and how to get started. You can find more details in the flyers included in this packet.

### GOAL: COMPLETE YOUR CHRA

Filling out an online clinical health risk assessment (CHRA) will help you see how healthy you are right now and what areas you can improve. The questionnaire is available on [umr.com](http://umr.com) and takes only 10-20 minutes to complete.

### GOAL: RECEIVE YOUR BIOMETRIC SCREENING

Certain numbers can tell you a lot about your odds for developing health problems in the future. To find out where you stand, we use a basic screening to measure your height and weight and check for conditions such as high blood pressure, high cholesterol or diabetes.

Your program also offers the use of a Physician lab form to obtain your biometric screening results. To obtain the form:

- Go to [UMR.com](http://UMR.com)
- Log in with your username and password (if you are a new user or do not remember, select Register).
- Select "Health Center" from the myMenu on the left
- Select "Wellness activity center" tile
- Click "Get Started"
- Navigate to "Physician lab form"





## ACCESS ONLINE TOOLS ON UMR.COM

Your wellness resources on umr.com include a library of health information, along with videos and interactive “action plan” tutorials to help you get and stay healthy.

## EARN YOUR REWARDS

Please see the following incentive requirements to ensure you qualify for all the rewards available to you.

Employees can earn a \$100 monthly premium differential effective January 1, 2020 if you:

- Complete your CHRA between March 1, 2019 and October 31, 2019
- Complete your biometric health screening at an on-site event March 5<sup>th</sup> or March 7<sup>th</sup>, or submit a physician lab form

.Spouses are encouraged to participate, but not required.

*Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 800-207-7680 and we will work with you (and, if you wish, with your doctor) to establish an alternative goal with the same reward that is right for you in light of your health status.*



### Looking for help?

The flyers in this packet can help guide you through the steps for completing your wellness activities.



Visit us online at **umr.com** and click **Login/Register** to enter your username and password, or select **Register** to sign up for online services.

You can email us by selecting **Contact us** from the top of the page. Go to the **Email us** section and choose **Wellness Program** from the dropdown menu. Then, tell us how we can reach you and reason for your email, and one of our specialists will contact you within two business days.

You can also call us at **800-207-7680**.



# GOAL

## COMPLETE YOUR CHRA

### WHAT'S A CHRA?

UMR's clinical health risk assessment (CHRA) is a series of questions to help you see your current health status. It takes about 20 minutes to complete the questionnaire online.

### STEP 1 - CREATE AN ACCOUNT ON UMR.COM

To get started, visit **umr.com** on your desktop computer or tablet device. If you already have an account, simply select **Login/Register** and enter your username and password. Or, if it's your first time visiting us, click **Register** to open an account.

#### Helpful hints:

- When you register to use your online services for the first time, make sure you have your UMR member ID card handy. You will need your **member ID number** and **group number** (76411401, no dashes) to enroll, and you can find this information on the front of your ID card.
- Spouses eligible for the program must create their own online account on **umr.com** and complete their own CHRA. Click **Register** to sign up as a member and then select "I am the spouse or dependent" to get started.
- You will need to provide a valid email address when you register. We may use email to send you important information or reminders about your benefits. If you do not have an email account, you can set up a free account through websites such as Yahoo ([mail.yahoo.com](mailto:mail.yahoo.com)) or Google ([gmail.google.com](mailto:gmail.google.com)).
- Make sure you select a username and password you can remember and write it down some place safe. You will need these when you log in again in the future. If you can't remember your username and password, or if it has been longer than a year since you last logged in, you will need to re-register.



## STEP 2 - COMPLETE YOUR CHRA

After you've successfully logged in to your online services on **umr.com**, you can complete your CHRA at any time that is convenient to you. But remember, you must submit your completed CHRA between **March 1, 2019** and **October 31, 2019** to participate in the wellness program.

### To begin your CHRA:

1. Select the **Take a CHRA** shortcut tile, located toward the bottom of your member home page.
2. Select the **Get started!** button from the wellness activity center landing page; If you are not redirected, please check to see if a new tab or page has opened.
3. Under **Clinical health risk assessment (CHRA)**, press the **Start** button.
4. After answering all the questions in the CHRA, make sure to hit **Submit**. Your CHRA is considered incomplete until it is submitted, and we will be unable to process your results.

**Note:** You can also complete your CHRA on your mobile device. Simply log in to **umr.com**, select **Health center** from the main menu and choose the **Wellness activity center** button.

When you are done, it's time to view your report. You will also receive the results of your CHRA in the mail about 2 weeks after completing both your assessment and biometrics. Your results will tell you your personal wellness score, health status and risk for developing a disease in the future.

**If you experience technical issues, such as difficulties with your browser or pop-up blocker settings, please call our technical support team at 866-922-8266.**

**If you need help registering for umr.com or completing your CHRA, you can reach us in the following ways:**

1. Select **Contact us** from the top of the screen after you log in. Then choose **Wellness Program** from the dropdown menu in the subject of the email form. A specialist will contact you within two business days.
2. Call us at **800-207-7680**.



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## Clinical health risk assessments (CHRAs)

# YOUR QUESTIONS ANSWERED



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### **What is a CHRA and why do I need to take it?**

Completing a CHRA lets you learn more about your personal health status and possible areas for improvement. The online questionnaire is composed of questions about your general health, medical history and lifestyle habits.

### **What happens after I complete my CHRA?**

A personalized report will be available to help you learn how to lower your health risks to avoid developing a chronic medical condition in the future. You may wish to print out your CHRA report and take it with you on your next office visit to discuss your results with your physician.

You also could benefit from completing an online action plan. The interactive tutorials offer tips and information for living a healthier life.

### **Will my employer find out if I have a health condition or an unhealthy lifestyle?**

No. We keep your health information confidential and only use it to administer the health and wellness program. We follow current medical privacy standards set by applicable federal and state laws.

### **If my CHRA report indicates I am overdue for a health screening or a flu shot, does that mean I have to have it?**

It is not mandatory. The health and wellness program simply provides this type of information to make you aware of these important preventive practices.

**OVER »**



**My CHRA report says I am at high risk for a chronic condition. How was my risk calculated?**

The future risk of disease is determined by the presence of a number of risk factors associated with that condition. For example, if you are at high risk for heart disease, your risk factors may include diabetes, tobacco use, high blood pressure, low HDL cholesterol and a family history of early heart disease. Your age and gender are also included in the calculation. The combination of these factors might put you at a higher-than-average risk for developing that condition. Risk assessments are based on national clinical guidelines or recommendations by organizations, such as the American Heart Association.

**I reported having five or more drinks on a single occasion. Does my alcohol use really put me at risk?**

The truth is that overuse of alcohol can potentially place you at risk for developing physical and social problems. Binge drinking is considered overuse. If you think you might be drinking too much, you may want to talk to your doctor. (Source: *National Institute on Alcohol Abuse and Alcoholism*)

**I believe I am physically fit, but my body-mass index (BMI) says I am overweight. What if I do not agree with my BMI result?**

BMI is the current, nationally accepted method to assess weight in the general population. Many people are surprised to learn that they fall into the overweight category. Studies show a BMI of higher than 25 increases your chance of developing a chronic illness. If it's above 30, your chance increases dramatically. We strongly encourage you to discuss your BMI result with your doctor. To learn more, visit [www.cdc.gov/healthyweight/assessing/bmi](http://www.cdc.gov/healthyweight/assessing/bmi).

**Is there a way to correct my CHRA answers if I realize I've made a mistake after it is locked?**

That depends. We are happy to discuss the mistake with you and, if appropriate, change the answer. We handle these types of situations case-by-case. Call our health and wellness team at **800-207-7680**.