



To: Retirees on the City's Health Plan

From: Human Resources

Re: Health Risk Assessments 2016

Date: February 24, 2016

Bellin Health will again be conducting the City of Green Bay's Health Risk Assessments (HRAs) beginning in March, 2016. The HRA is part of the City's Wellness Program which provides participating employees and spouses completing all the requirements a discount on their health insurance premium and additional Personal Benefit Account (PBA) dollars.

There are a few changes this year which include the following:

- Deadline to complete your HRA is **October 31, 2016**.
- Males age 40 and over will have a PSA test as part of the blood draw.
- PBA dollars will be earned by completing the below criteria.

The City is working with an outside firm called MyInertia to implement a web based wellness program to track your information and forms. Additional information will be provided late March or April on how to access this program and enter your data to insure that you receive credit toward your premium discount and your PBA dollars.

You can earn up to \$200 in your PBA account if you have single coverage and up to \$400 in your PBA account if you have family coverage according to the following criteria.

<b>PERSONAL BENEFIT ACCOUNT (PBA)</b>	
<ul style="list-style-type: none"><li>• \$100 for Employee</li><li>• \$100 for Spouse</li></ul>	<ul style="list-style-type: none"><li>• Complete HRA and appropriate exams</li><li>• Complete HRA and appropriate exams</li></ul>
<ul style="list-style-type: none"><li>• \$50 for Employee only</li><li>• \$50 for covered family member</li></ul>	<ul style="list-style-type: none"><li>• \$25 per employee dental cleaning</li><li>• \$25 per family member dental cleaning</li></ul>
<ul style="list-style-type: none"><li>• \$50 for Employee only</li><li>• \$50 for covered family member</li></ul>	<ul style="list-style-type: none"><li>• \$50 for employee vision exam</li><li>• \$50 for family member vision exam</li></ul>

The deadline to have all HRA requirements completed and form(s) turned into the Human Resources Department is October 31, 2016. You are encouraged to complete your HRA screening and other requirements as early as possible in the year to ensure that all requirements are completed by October 31, 2016. The last date to schedule your 2016 HRA screening appointment to ensure that you will receive your premium discount for all of next year is August 31, 2016

**HEALTH RISK ASSESSMENT** - includes the screening & MD Alert Sign-off form (if age applicable). The attached HRA questionnaire must be completed prior to the HRA screening.

- **HRA Screening (10 minutes):** Individuals must fast 8–12 hours before the screening. Do not work out the morning of your HRA and continue to take prescribed medication. You are able to drink water and are encouraged to do so prior to the screening appointment. If you are pregnant or have a health condition which warrants non-fasting (such as diabetes) do not fast. At the screening, a venipuncture blood draw will be done along with body measurements, height, weight and blood pressure. The HRA questionnaire and lab consent form will be collected at the time of the screening.
- **MD Alert Sign-Off Form:** Completion of a routine physical exam and other tests are required if you have reached age 40 by January 1, 2016. If under age 40 you don't need to complete the physical exam requirement.

**Females age 40 and older need:**

A routine physical every year.  
 A pelvic/pap smear every year.  
 A mammogram every other year.

**Males age 40 and older need:**

A routine physical every year.

**Spouse** - a spouse who has completed an HRA through their employer must complete the attached Spouse Health Risk Assessment Sign-Off Form. Please note you must still complete the physical requirements (if age applicable) and complete the MD Alert Sign-Off Form.

**City Hall and Police Employees** - see the attached form explaining how to go online and schedule your appointment along with the calendars showing the dates and times reserved for your Department for HRA Screening appointments. If your unable to schedule your screening online, please call 920-433-7883 to schedule your appointment. *(Due to security reasons, only employees of the GB Police Dept. will be allowed to have appointments at the Police Dept.)* If you are not able to make one of the dates and times listed, you will need to schedule your appointment at the Bellin Health HRA clinic listed:

Bellin Health HRA Clinic  
 2020 S Webster Ave  
 Green Bay WI 54301  
 920-433-7883

**All other departments** – Please see your site Supervisor to schedule your screening since you will not be making your appointment online. Your HRA screening will be scheduled by your Supervisor and you will be notified of your appointment date and time.

**Spouses and Retirees** - see the attached form explaining how to go online and schedule your appointment at the Bellin Health HRA Clinic listed above. Also included are calendars listing the dates and times reserved for HRA Screening appointments including 2 Saturdays in April to accommodate the variety of schedules. If you are unable to schedule your screening online, please call 920-433-7883. You also have the option of scheduling your HRA Screening appointment at City Hall during the dates and times that are listed on the calendars.

**HRA Reviews** - HRA Review Packets will be mailed to the member's home address.

*Please Note: The city does not receive individual data on HRA participants, only an aggregate report of the overall results.*