



# Benefit Fund for Hospital & Health Care Employees - Philadelphia & Vicinity

1319 Locust Street, Philadelphia, PA 19107-5405  
(215) 735-5720 • (800) 531-1199 • FAX (215) 985-9232

## 7<sup>th</sup> Annual Biometric Screening Program Kick off

Dear 1199C Benefit Fund Member,

It's time for the 2018 biometric screening and Health Assessment program. The following **TWO** items must be completed between **June 1<sup>st</sup> - October 31<sup>st</sup>, 2018**:

1. Aetna's Health Assessment – Online survey [www.aetna.com](http://www.aetna.com)
2. Bloodwork – Blueprint for Wellness - Quest Diagnostics.

### What will the Biometrics Screening tell me?

The Quest labwork will help you improve your understanding of your health and well-being by measuring height, weight and blood pressure, and require a blood draw to screen for other health risks. The Aetna online health assessment is a survey about your health history and habits. It will take about 15 minutes or less to complete. By completing this survey, you are taking an important first step to improve your health. The health assessment can:

- Point out your health risks so you can take steps to lower them;
- Find health concerns you didn't know about; and
- Give you personalized health results we encourage you to share with your doctor.

### How do I complete the bloodwork and health assessment requirement?

**Bloodwork Screening** - You only need to pick **ONE** of the three options below:

#### OPTION 1:

**Quest Patient Service Center (PSC)** – Schedule an appointment at a Quest PSC at a convenient time close to your home or work. There are numerous Quest locations located in the Philadelphia area for easy access. **No copays** are required and the results are transmitted to Aetna automatically.

#### OPTION 2:

**Onsite Event** –Simply pick an event that works best with your schedule and **make an appointment using the instructions in the next section.**

DATE	TIME	LOCATION
June 16, 2017	10:00am – 2:00pm	The Benefit Fund Health Fair – 3 <sup>rd</sup> Floor, 1319 Locust Street
June 27, 2018	9:00am – 2:30pm	Temple University Campus – Howard Gittis Student Center, Room 217A
June 28, 2018	9:00am – 2:30pm	Temple Hospital – Boyer Pavillion, 2 <sup>nd</sup> Floor Conference Room
July 19, 2018	9:00am – 2:30pm	Jefferson University Hospital – JAH Atrium (Alumni Hall)
July 25, 2018	9:00am – 2:30pm	Temple Hospital- Episcopal – Fox Conference Room
August 9, 2018	9:00am – 3:30pm	Inglis House – Founder's Hall
September 26, 2018	10:00am – 2:00pm	Genesis Kresson View Center - 2 <sup>nd</sup> Floor Break Room
September 27, 2018	10:00am – 3:00pm	Hahnemann University Hospital - Bobst conference room, Room 626
October 5, 2018	9:00am – 2:30pm	The Training & Upgrading Fund – 10 <sup>th</sup> Floor Auditorium

Both the **Biometrics Screening** and **Health Assessment** must be completed by **October 31, 2018**, or you will begin paying a 12-month health and welfare contribution surcharge as of **MARCH 1, 2019**.

## How do I schedule an appointment for Biometrics Screening onsite or at Quest?

- To register for a wellness screening visit: <https://my.questforhealth.com/> or call the Blueprint for Wellness Call Center at 1-855-623-9355 (available Mon – Fri 8:30 a.m. – 9:30 p.m. EST and Sat 8:30 a.m. – 5 p.m. EST)
- You will need to provide your Registration Key and Unique ID.
  - **Registration Key:** 1199c
  - **Unique ID:** 1199+ Your First and Last initials+ last 4 of your SSN  
**Example:** John Smith SSN 123-45-6789, **Unique ID:** 1199JS6789
- Create a username and password along with a secret question for registration.
- Schedule an appointment.
- You do NOT need to fast. **Eat normally and drink plenty of water.**
- Take all medications per your regular schedule.
- Please note – appointments for onsite events need to be made approximately 30 days **BEFORE** the onsite event. Please plan ahead!

### OPTION 3:

**Primary Care Physician** – You may schedule an appointment with your primary care physician (PCP) to complete your bloodwork. If you choose this option, you will need to request a Physician Form from the Benefit Fund. Bloodwork results from your physician can only be used if they were collected between June 1<sup>st</sup> – October 31<sup>st</sup> 2018. **You MUST ensure the doctor completes the physician form with all results and have the doctor fax the results back to Quest at the number printed on the form by November 14, 2018.**

**Health Assessment** - You must complete the health assessment online in three steps:

1. Log in to your secure member account through Aetna Navigator. Not registered for Aetna Navigator? Simply visit the Aetna website at [www.aetna.com](http://www.aetna.com) and click “Register now” found under “Aetna Navigator” on the left side of the Aetna homepage.
2. Once in Navigator, click on “Complete Health Assessment” in the Stay Healthy column.
3. Follow the instructions listed and **CLICK RETAKE** if you see your score and date from last year. Remember to click continue until you see a **“Compass Results Page.”** **This page will have your username and score with a current date.** **Print this page for your records** and you have completed the health assessment.



All information in the assessment and the laboratory report is personal and confidential, as protected by federal law. As always, spouses are not required to participate, but their participation is highly encouraged. Neither the Benefit Fund nor your employer will have access to your individual results. We value and understand that your privacy is most important and we have put many steps in place to assure confidentiality. **Any questions can be directed to member services at 215-735-5720 or toll-free at 800-531-1199.**

Sincerely,

A handwritten signature in black ink, appearing to read "LaVerne K. DeValia".

LaVerne K. DeValia  
Executive Director

# DISTRICT 1199C

6TH ANNUAL BIOMETRIC SCREENING PROGRAM  
JUNE 1<sup>ST</sup> – OCTOBER 31<sup>ST</sup>, 2018

All members who participate in the Benefit Fund are required to complete the following TWO items between 6/1/18 – 10/31/18:

## 1. Quest Bloodwork

1. Schedule an appointment at a Quest Patient Service Center or an onsite event by logging onto : <https://my.questforhealth.com> or calling the Blueprint for Wellness Call Center at **1-855-623-9355**. There will be 12+ onsite events at various locations during the program. Please contact your Organizer or The Benefit Fund for a schedule or log onto [www.1199cfunds.org](http://www.1199cfunds.org).



2. To register, you **WILL NEED THE FOLLOWING INFORMATION TO GET YOUR BLOODWORK DONE:**

- **Registration Key:** 1199c
- **Unique ID:** 1199+ First and Last initials+ last 4 of your SSN
- **Example:** John Smith SSN 123-45-6789, Unique ID: 1199JS6789

**\*\* If you choose to go to your Physician to complete the requirement, you will need to request a Physician Form from the Benefit Fund office. Bloodwork results from your physician can only be used if they were collected between June 1st – October 31st 2018. You MUST ensure the doctor completes the physician form with all results and have the doctor fax the results back to Quest at the number printed on the form by November 14, 2018.**

## 2. Aetna Health Assessment



1. Log in to your secure account on Aetna navigator at [www.Aetna.com](http://www.Aetna.com). Once logged in, click on “complete your health assessment” located in the STAY HEALTHY menu.
2. On the next page, click the blue square with the number 1 to begin your health assessment. If you see your score from last year, click **RETAKE** and begin.
3. You have not completed the requirement until you see, “**compass results page.**” This page will have your username and score with the current date. **PRINT a copy of this page for your records.** If you do not have a printer, take a picture of the results screen with a smartphone and save the image.



Questions? Contact the Benefit Fund at  
215-735-5720 [www.1199cfunds.org](http://www.1199cfunds.org)

