The Fund’s new Biometric Screening Program was developed to help you and your family members be healthier, and to help the Fund design benefits and programs to best meet your needs. To be enrolled in, or stay enrolled in, the best possible Medical Plan, effective January 1, 2020, each participant and enrolled spouse must complete the Biometric Screening Program by following the steps below.

If either you or your spouse do not complete the Biometric Screenings, you and all family members will be enrolled in a lower level Medical Plan, effective January 1, 2020, and you will incur higher out-of-pocket costs for your medical coverage. So, act now by following the instructions below.

**Please Note:** If you already had biometric screenings performed in 2019, then simply have your Primary Care Physician complete the Biometric Screening Form listing those test results and return the completed Form by the deadline listed below.

**Step 1:** Visit your Primary Care Physician (“PCP”) to have biometric screenings performed. (Biometric screenings are described in more detail on the following pages).

**Step 2:** Ask your PCP to complete the enclosed Biometric Screening Form. Then mail or fax the completed Form to the Fund Office at the address on the form. You may also upload the form into your Member XG account through the Document Center. The completed Biometric Screening Form must be returned to the Fund Office for receipt, or uploaded to the Document Center, by:

- **December 16, 2019** - if you are currently enrolled in the Basic or Value Plans - OR -
- **February 28, 2020** - if you are already enrolled in the Premium Plan, or if you are enrolling for the first time
Frequently Asked Questions

What are “Biometric Screenings”?
➢ Biometric screenings are short exams that establish a health baseline which can be used to identify and manage potential health issues. The following tests must be completed:

- Blood pressure
- Lipid Panel
- Height & Weight
- Glucose Level

Is anything else required as part of the Biometric Screening Program?
➢ Your PCP must also note on the Form whether he/she recommends that you have, or that you have had, the following tests:

- Mammogram
- Prostate Cancer Screening
- Pap Smear
- Colorectal Screening

Can I choose not to complete the Biometric Screening Program?
➢ Yes. The Biometric Screening Program is completely voluntary. However, you will not be eligible to enroll in the best possible Medical Plan if you choose not to complete the Biometric Screening Program.

What is a lipid panel?
➢ A lipid panel measures the levels of fats and fatty substances in the blood called cholesterol.

What is a glucose test?
➢ A glucose test measures the level of glucose, which is a type of sugar, in the blood.

What should I do with my results after I receive them?
➢ Ask your PCP to complete the Biometric Screening Form, then mail or fax the form to the Fund Office by the applicable deadline (listed above).

Will I have to pay for the Biometric Screenings?
➢ If you schedule your PCP visit as a “well” visit, you should not incur a co-pay. However, you may incur out-of-pocket costs for other services that your PCP deems necessary during your office visit. Or, your PCP may charge you for completing the Form.

What will the Fund do with the information from the Biometric Screenings?
➢ The information will help the Fund to design benefits and programs to best meet your needs. It will also be used by the Fund’s condition management partner, HMC, to help participants understand any potential health issues and manage chronic conditions.

What is the deadline to complete the Biometric Screening Program?
* You must have the screenings performed and return the completed Form for receipt in the Fund Office, or uploaded to the Document Center, by:
* December 16, 2019 - if you are currently enrolled in the Basic or Value Plans - OR -
* February 28, 2020 - if you are already enrolled in the Premium Plan, or if you are enrolling for the first time

*If you have any further questions, please contact the Fund Office at 610-941-9400 ext. 130.*