How long does the screening take?
You should expect to be at the screening for approximately 30 minutes. Longer wait times may be experienced on the first day of the screenings.

What should I bring to the screening?
Time card (for identification purposes).

Do I need to fast?
Fasting is not necessary.

Does Infirmary conduct the biometric screenings?
Vitalogy, Inc. - a partner of Medcom Management/Gilsbar, Infirmary’s Wellness vendor, will be onsite at each location to perform the screenings.

What is the cost of the biometric screening?
Screenings are provided free to employees and their spouse.

How is the screening conducted and what information is being collected?
The screening uses certain body measurements and requires a small blood sample obtained by a finger stick. The following data is collected.

• Height and Weight [used to calculate body mass index (BMI)]
• Hip & Waist Circumference
• Systolic and diastolic blood pressure
• HDL/LDL Cholesterol
• Triglycerides
• Total Cholesterol
• Glucose
• Cotinine (tobacco) saliva test

What is a biometric health screening and why is it important?
A biometric health screening is a short health examination that indicates your risk for certain diseases and medical conditions. It helps you understand your current health status and potential risks to identify any actions you may wish to take to improve your health. The biometric screening is not used to determine health insurance coverage.

Failure to complete the biometric screening will result in a higher insurance premium and tobacco surcharge for 2020.
If you were hired before July 1, 2019 you must attend the annual biometric screening in order to receive a lower insurance premium for 2020.

Are my test results confidential?
Absolutely. This information is to assist you and/or your spouse to understand your potential health risks so you can take appropriate action to improve your health and quality of life.

*At the beginning you will be asked to provide your consent for your participation to be released to Infirmary Health. This does NOT release the medical results of your testing to Infirmary Health. Testing results are sent to Gilsbar/Medcom Care Management and posted in your personal wellness portal. If you do not consent, your testing will end and you will not be eligible to receive the lower rate on your health plan.

Do I need to fast?
Fasting is not necessary.

What should I bring to the screening?
Time card (for identification purposes).

How long does the screening take?
You should expect to be at the screening for approximately 30 minutes. Longer wait times may be experienced on the first day of the screenings.
When and where can I or my spouse be tested? Can spouses be tested the same time as employees?
A testing schedule will be sent out via email to all employees. Employee and spouses may attend any scheduled testing dates and locations together or separate. Spouse testing is voluntary.

Can I come during my work shift?
Time away from your unit must be approved by your manager.

What if I cannot attend an onsite biometric screening?
Screenings may be done at any of our testing sites. No Make Up Day! Plan now to attend.

What if I am off work during biometric testing? (earned time off, leave of absence, etc.)
If you are on an approved leave of absence you will be able to complete your biometric testing when you return. If you are out for any other reason, you will need to go to the nearest testing site to complete your testing within the scheduled dates/times. Vacation and ETO are not acceptable forms of an approved leave of absence.

Are spouses required to participate in biometric testing?
Spouse testing is voluntary. However, Infirmary feels this is a benefit and therefore, spouse participation earns the employee 50 wellness points.
*Only spouses enrolled in the Infirmary health insurance plan may participate.

How many iHealthy points can I earn for testing and where do I see these points?
Your testing results will be posted in the Wellness Center under Screening Results. The points earned from testing will be viewable under the Track My Points tab by September 15th. Points for spouses will reflect in the spouses Wellness Center and will combine with employee points at the end of the Wellness Program.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spouse Completes Annual Biometric Testing (must be on Infirmary Health Insurance)</td>
<td>50 Points</td>
</tr>
<tr>
<td>Healthy Values</td>
<td>100 points per Healthy or Improved value</td>
</tr>
<tr>
<td>• Waist - Healthy or Improved</td>
<td></td>
</tr>
<tr>
<td>• Blood Pressure - Healthy or Improved</td>
<td></td>
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<tr>
<td>• Glucose - Healthy or Improved</td>
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<tr>
<td>• HDL Cholesterol - Healthy or Improved</td>
<td></td>
</tr>
<tr>
<td>• Triglycerides - Healthy or Improved</td>
<td></td>
</tr>
</tbody>
</table>

Who can I speak with to help me maintain or improve my biometric results?
You can set up an appointment to visit with an Onsite Health Coach by calling 251-435-9355, or call Gilsbar to utilize their telephone Chronic Care Nurses at 888-728-7843 or Personal Health Coaching at 866-284-5268.

How can I earn Rx4U pharmacy incentives?
Enrolling and participating in Chronic Care Management can earn you valuable Rx4U pharmacy incentives for diabetes and asthma and make you eligible for iHealthy points. Call 1-888-728-7843 to enroll.

Contact the iHealthy team with any questions at 435.WELL (9355)