

Health Screening Process

You have two options to earn your health screening wellness points. If your spouse/partner is on your Inframark Aetna medical plan, they also can complete these steps to earn points.

1. **Physician Form:** For individuals that have already seen their physician from 9/1/24-present, or planning on getting their annual physical with bloodwork prior to 8/31/25. Annual preventative exams are **FREE**.
2. **LabCorp Health Screening:** Visit your local LabCorp facility to receive your Health Screening. This is a **FREE** service.

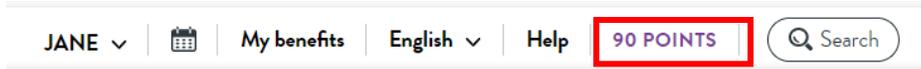
ACTIVITY		POINTS/MAX
Health Screening - Download a physician exam form or schedule an appointment with LabCorp.		100
Healthy Outcomes/Improvement - Earn points for meeting healthy outcomes in the following categories: blood pressure, waist circumference, BMI, glucose, cholesterol ratio, HDL cholesterol.		50/250
Healthy Outcomes	Action to Earn Points	Improvement
Waist Circumference BMI	<41 in. (men) <36 in (women) OR <30 BMI	BMI decrease by 5 points
Blood Pressure	<130/80 mmHg	N/A
HDL Cholesterol	≥40 mg/dl (men) ≥50 mg/dl (women)	Increase by 10%
Cholesterol Ratio	≤ 5.0	N/A
HbA1c	<5.7%	Decrease HbA1c by 1.45%
Glucose Fasting Non Fasting	<100 mg/dl <141 mg/dl	

Steps to complete either Health Screening option:

1. Login at www.HealthAdvocate.com/Inframark
 - New to Health Advocate? [Click Here to Register](#)
 - Forgot your Username/Password? On the login page, click on “[Forgot Username](#)” or “[Forgot Password](#)” or call **855-424-6400**.

How to Access & Download the Physician Form:

1. Once logged in, click on “Points” located in the upper-right corner of the page, to the left of the Search bar.



2. Scroll down under “Healthy Actions” and you will see the first activity named “Health Screening”. Click on “Go to Health Screening” as shown in the image below.

Healthy Actions
80 POINTS EARNED 3 COMPLETE

 **Health Screening** +100 PTS

Gain insight into your current health and identify possible risk.
Complete a health screening onsite at select Inframark locations, with a LabCorp voucher, or by submitting a physician form. Results must be from 9/1/2024 to 8/31/2025.

[Go to Health Screening](#)

3. Under “Health screenings through your doctor’s office” click on the purple “Download this form” button to download your own personal physician form.

Schedule on your own with a voucher

Take a voucher to any of the following participating locations at your convenience.

 [Get a Voucher](#)

Health screenings through your doctor's office

[Download this form](#) and ask your doctor to complete and send your most recent health screening results

4. Download and print out your personal physical form. Be sure to follow the instructions provided on the form.

HealthAdvocate™

Physician Health Screening Form

PATIENTS/MEMBERS: PLEASE PRINT AND COMPLETE THIS FORM IN FULL TO THE BLUE LINE.

Patient Last Name: DemoUser First Name: DemoUser

DOB: 1 / 1 / 1980 Last 4 SS# (optional): _____ Sex: Male Female

(We require this information to determine the proper medical reference range for your screening results. All information will be kept confidential.)

Phone: _____ Email Address: demouser_1000352@healthadvocate.com

By checking 'Agree', I agree to receive communications/texts from Health Advocate. Agree

Employer Providing Program: Inframark Choose one:* Employee Spouse Domestic Partner

I authorize my healthcare provider to release the requested information to Health Advocate and acknowledge that I have read, signed and submitted the Notice and Authorization on the back of this form to Health Advocate.

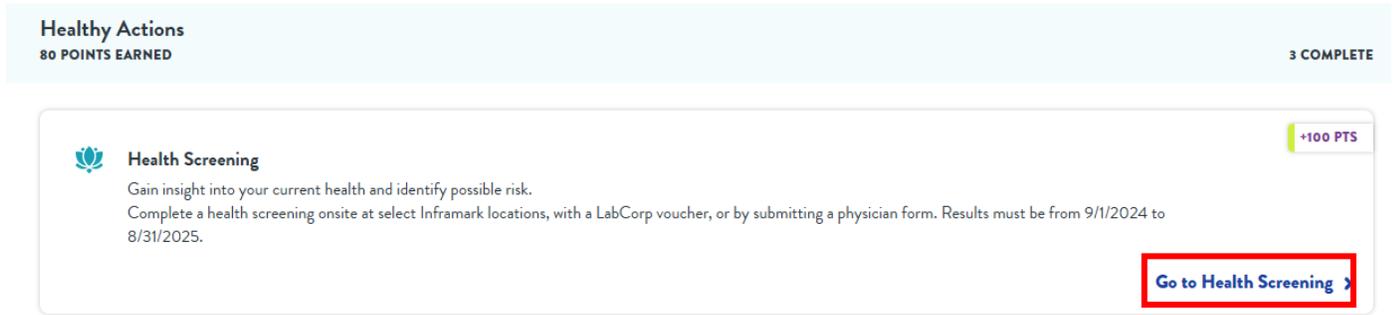
Signature: _____ Date: _____

How to Schedule Your Free LabCorp Health Screening

1. Once logged in, click on **“Points”** located in the upper-right corner of the page, to the left of the Search bar.



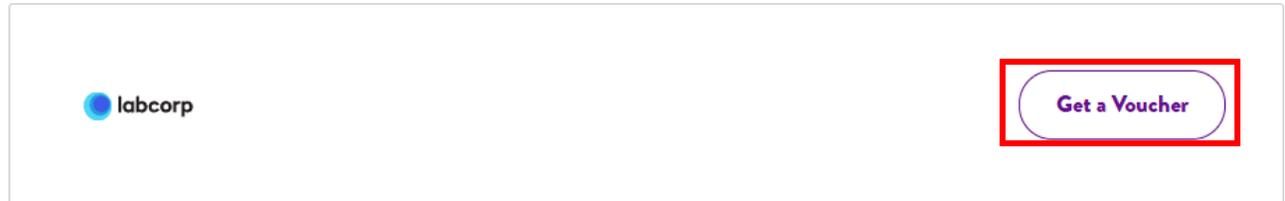
2. Scroll down under **“Healthy Actions”** and you will see the first activity named **“Health Screening”**. Click on **“Go to Health Screening”** as shown in the image below.



3. Under **“Schedule on your own with a voucher”**, click on the purple **“Get a Voucher”** button as shown in the image below.

Schedule on your own with a voucher

Take a voucher to any of the following participating locations at your convenience.



4. Follow these simple steps to set up your screening:

Follow these simple steps to set up your screening

Step 1: Download your Voucher

1. Print and remember to take your voucher to your appointment

Hand in your voucher to the technician when you get to your appointment, it has your personal information on it.

 Download Voucher

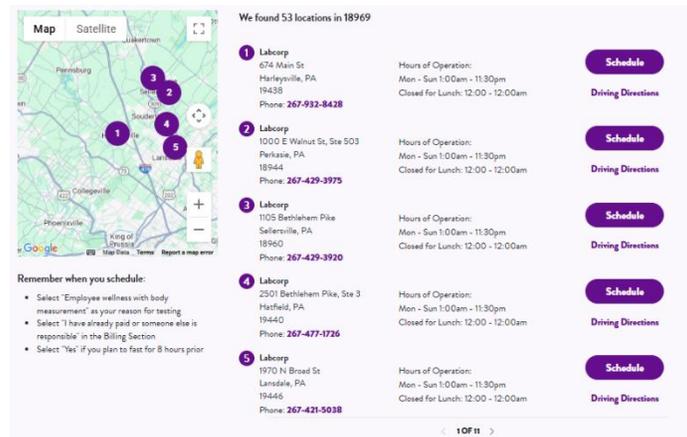
Step 2: Enter your Zip Code and the distance you want to search for a LabCorp facility nearest to you. Then click “Search”

2. Find a convenient location and schedule your appointment

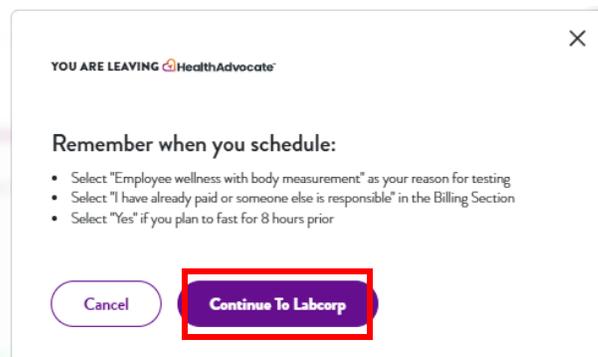
Using our locator below ensures that the location you select, provides the testing included in your program.

 Within 25 miles  ZIP Code 18969 

5. Next, pick the LabCorp location you wish to schedule your Biometric Screening at. Once you have chosen a location, click on the purple **“Schedule”** button that is directly next to the facility you wish to visit.



6. You'll then continue the scheduling process directly on LabCorp's website.



7. When continuing on the LabCorp site, you will be asked to “confirm you are human”. Click the orange “Begin” button to continue and follow the prompts.
8. Fill in the required information needed to schedule your appointment (*fasting is recommended for the best results*), then click **“NEXT”**.
9. Chose Date and Time for your appointment, click **“Select”**.
10. Click the box next to **“I am not a robot”**, then click **“NEXT”**.
11. Enter your personal information, then click **“NEXT”**.
12. Financial details section, click next to **“I have already paid or someone else is responsible”**, click **“NEXT”**.
13. Enter your Contact Information, click **“NEXT”**.
14. Review your information, then click **“Create Appointment”**.
15. Your appointment confirmation page will then appear providing you with one of two ways you can check-in upon your arrival to your appointment:
- Scan a QR code with your phone when you walk in to the LabCorp facility, **OR**
 - If you provided your cell phone number, click the link that you received via text message when you originally made your appointment.