

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 9/1/23-present, or planning on getting their annual physical with bloodwork prior to 8/31/24. Annual preventative exams are **FREE**.
2. **LabCorp Health Screening:** Visit your local LabCorp facility to receive your Health Screening. This is a **FREE** service.

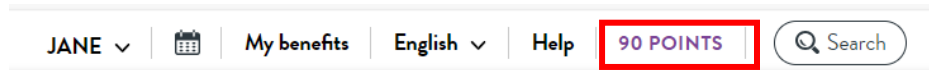
ACTIVITY		POINTS/MAX
Health Screening - Download a physician exam form or schedule an appointment with LapCorp. Onsite biometric screening events may be available at larger Inframark locations.		100
Healthy Outcomes/Improvement - Earn points for meeting healthy outcomes in the following categories: blood 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	<130/30 mmHg	N/A
HDL Cholesterol	≥40 mg/dl (men) ≥0 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**.

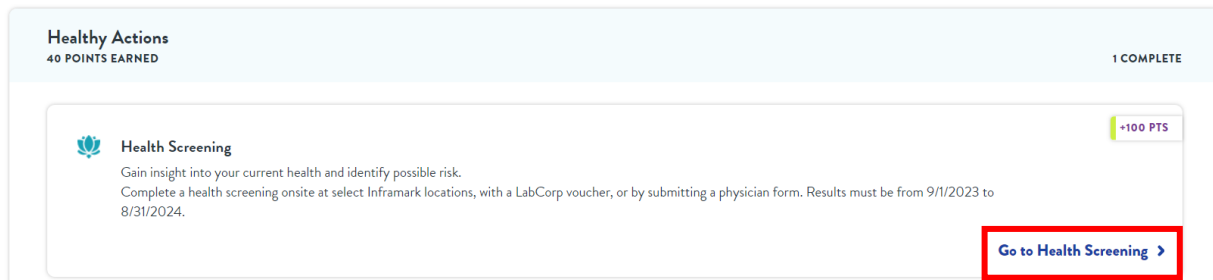
Option 1: How to Access the Physician Form:

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



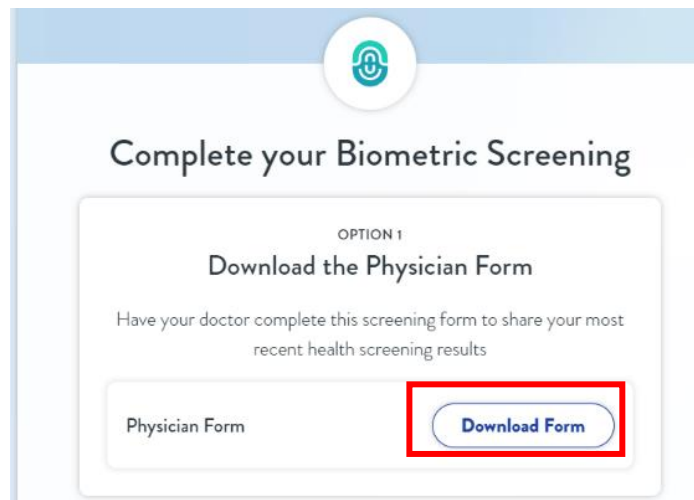
2. Scroll down under “Browse Rewards → Healthy Actions” and you will see the first activity named “Health Screening”. Click on “**Go to Health Screening**” as shown in the image below.

Browse rewards



3. Under “**Option 1** Download the Physician Form”, click on “**Download Form**”.

(As shown in the image below.)



4. Download and print out the form. Be sure to follow the instructions provided on the form. (See screenshot below of what the top of the form looks like.)

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: _____

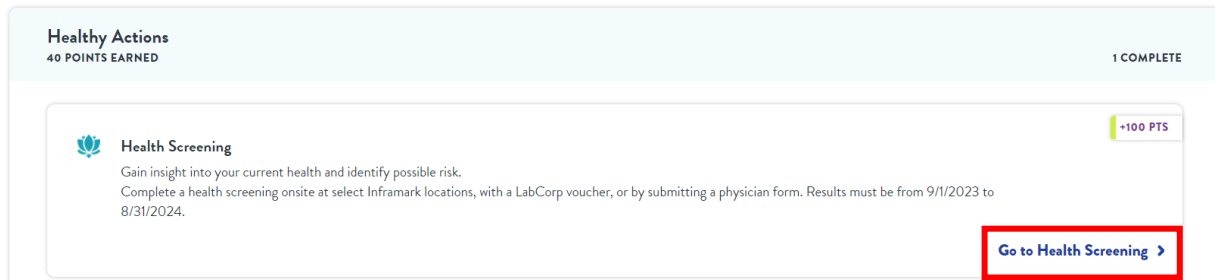
Option 2: Schedule Your Free LabCorp Health Screening

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

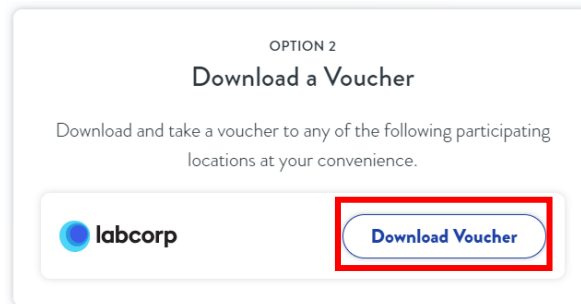


2. Scroll down under **“Browse Rewards → Healthy Actions”** and you will see the first activity named **“Health Screening”**. Click on **“Go to Health Screening”**.
(As shown in the image below.)

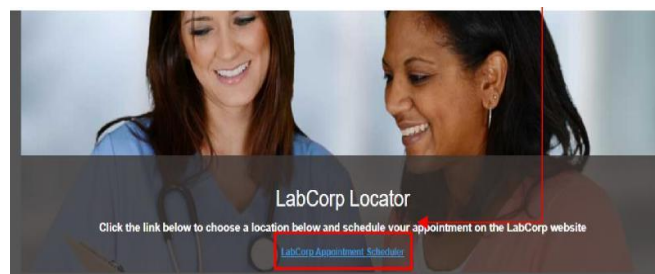
Browse rewards



3. Under **“Option 2 Download a Voucher”**, click on **“Download Voucher”**.



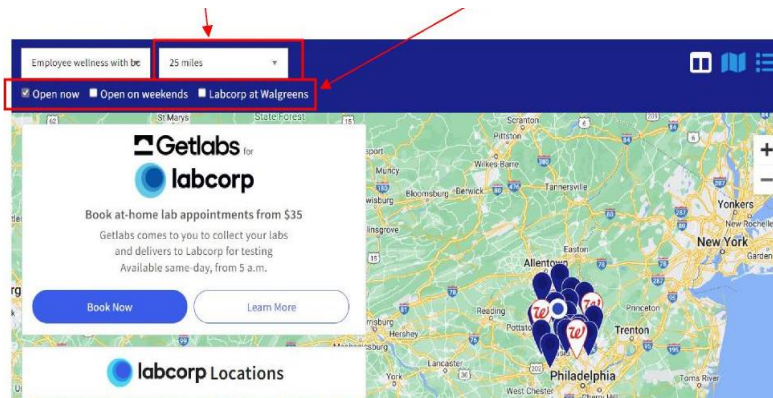
4. On the left hand side of the page page under **“INSTRUCTIONS”**, click **“Print and take voucher to your appointment”**.
5. After you’ve printed the voucher, click back to the previous page, scroll to the bottom under **“LabCorp Locator”**, click on **“LabCorp Appointment Scheduler”**.



6. Enter your address or **zip code**, then to the right, click on the drop down and select **“Employee wellness with body measurement”**, then click **“Go”**.
(See image below for an example.)



5. Scroll down to view a map of your area. Select your options of mile radius (for nearest LabCorp locations) and the following options of : “open now, open on weekends, or LabCorp at Walgreens.”



6. Select your desired LabCorp location, click on **“Make Appointment”**.
7. Fill in the required information needed to schedule your appointment (*fasting is recommended for the best results*), then click **“NEXT”**.
8. Chose Date and Time for your appointment, click **“Select”**.
9. Click the box next to **“I am not a robot”**, then click **“NEXT”**.
10. Enter your personal information, then click **“NEXT”**.
11. Financial details section, click next to **“I have already paid or someone else is responsible”**, click **“NEXT”**.
12. Enter your Contact Information, click **“NEXT”**.
13. Review your information, then click **“Create Appointment”**.
14. 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.