

## Changes to Biometric Screenings: FAQ

### 1. What changes are coming to the Biometric Screenings for next year (FY24)?

This year (FY23) will be the last year we will be offering on-site biometric screenings across the state. Beginning FY24 (July 1, 2023 – June 31, 2024), you will be able to meet the biometric screening qualification by completing the **Physician Form** with your Primary Care Provider (PCP) during an **annual wellness preventive exam**. This exam is covered at no cost once per plan year under preventive care, regardless of which health plan you are enrolled in.

### 2. Why are we making this change?

Research shows that a relationship with your primary care provider (PCP) is the best way to help you maintain your health and well-being. While on-site biometric screenings provide helpful information, they do not provide important follow up for any issues discovered. Professional screeners do not treat conditions or help set long term health goals. Establishing a relationship with a PCP makes it easier to detect early warning signs and symptoms of illness and develop a plan for treatment, hopefully avoiding serious health conditions and extra expense.

### 3. Can I still get a screening at a state-sponsored event this year?

Yes. State-sponsored biometric screenings for the FY23 plan year (July 1, 2022 – June 31, 2023) are underway. You can see the schedule for this year's screenings and register by clicking here. Log in with your username and password or create an account if you did not participate last year.

### 4. Will I have to pay extra for a screening as part of my annual wellness preventive exam?

Your annual wellness preventive exam is covered at 100% once per plan year for you and each of your covered dependents, regardless of which health plan you are enrolled in. This means that you do not have to meet deductibles or pay any coinsurance or copayments for an annual exam. During this exam, they will check your weight, blood glucose, cholesterol, and blood pressure. It's important to note that you need to use a Wellmark in-network provider for any preventive exams to be covered at 100%.

### 5. How will I be able to meet the biometric screening qualification next year?

You will be able to meet the biometric screening qualification by completing the Physician Form with your Primary Care Provider (PCP) during an annual wellness preventive exam and submitting the form as instructed. The employee is responsible for submitting the form and confirming it has been received and approved prior to the deadline.

### 6. Where can I find the Physician Form?

You can find the Physician Form at <https://bhr.sd.gov/benefits/benefit/FY23PhysicianForm.pdf> or by going to the beneFIT portal at <https://webmdhealth.com/beneFIT/> and click on biometric screening.

### 7. How can I be certain that my Physician Form was received?

Include your email address on the form and you will receive email confirmation that it has been received and approved. You must also check your reward status prior to the deadline at <https://webmdhealth.com/beneFIT/>.

### 8. Why are Biometric Screenings important?

The goal of biometric screenings is to help members identify health concerns early so they can work with their primary care provider for specific treatment and recommendations. Identifying conditions early can not only lead to better outcomes, but also assist in keeping health care costs lower for our members.

### 9. Why is a primary care provider (PCP) important?

A positive relationship with your personal doctor is associated with greater satisfaction, better overall health, and lower hospital and emergency room use.

### 10. How do I find a doctor if I don't already have one?

If you do not have a PCP, we encourage you to begin the process of developing that relationship now. Directions on finding a provider are available on the Wellmark Page of the BHR Website: <https://bhr.sd.gov/benefits/health-plans/wellmark/>.

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## 11. What should I look for in a provider?

1. Interest in your whole being. Find someone who shows empathy and takes interest in your whole being, not just your symptoms. That means physical, mental, and emotional well-being.
2. Trust and open communication. Make sure there's a mutual feeling of trust and you can have open communication.
3. Actively listens. It is important that your personal doctor listens to you, asks about your symptoms, and answers your questions.
4. Helps you understand. The doctor should be able to explain a diagnosis and treatment options in a way you can understand.
5. Involves you. A good personal doctor keeps you involved in your health and values your opinion on treatment options.

## 17. What is covered in an annual wellness preventive exam?

A list of covered services can be found at <https://bhr.sd.gov/benefits/health-plans/preventive-care/>.