

# Healthy Lifestyles Changes

## -Coming 2023-

### **Say Goodbye to Biometric Screenings**

Beginning January of 2023 Healthy Lifestyles will be discontinuing biometric screenings. Instead, proof of an annual physical administered by a medical practitioner will be required in order to receive your yearly rebate and HSA incentive.

### **All Rebates Will Be Received in December**

Beginning January of 2023, participants will begin earning points January 1st and conclude earning points on October 31st of each year.

Incentive amounts are determined by the number of points earned between January 1st and October 31st.

Cash rebates will be distributed in December and HSA incentives will be issued in January of each year.

For additional questions or concerns about these changes, please view the [FAQ](#). If you still have questions regarding the changes that are happening, please email [myhealthylifestyles@slco.org](mailto:myhealthylifestyles@slco.org).

**Stay tuned for new health and wellness programs in 2023!**

# Healthy Lifestyles Changes FAQ

## Biometric Screenings + Physicals

**Q.** Why is it now required to get an annual physical to get my rebate instead of biometric screenings?

**A.** We at Healthy Lifestyles want our participants to get the best and most accurate picture of their health. Getting an annual physical from a medical practitioner allows you to meet with a professional who can provide you with accurate health readings, explanations, official diagnoses, treatment suggestions, and can ultimately refer you to other professional specialists if needed.

**Q.** What's the difference between the Physical Health Assessment and a physical?

**A.** The Physical Health Assessment is a health questionnaire that you complete yourself once a year on WellSteps. Your answers are completely confidential and will not be viewed by anyone other than yourself. A physical is an examination administered by a medical practitioner to check your overall health.

**Q. How do I find a medical practitioner?**

**A.** To find a medical practitioner, simply visit your insurance providers website and click on the tab that says 'Find Care' or 'Find a Doctor'.

Did you know that you have access as an employee to your very own medical practitioner located at the [Salt Lake County HealthyMe Clinic](#)?

**Q. How do I submit proof of my physical?**

**A.** You will need to print off a copy of our Healthy Lifestyles physical form. This form can be found on our [Healthy Lifestyles website](#) under the 'Forms' tab. You will then bring that form with you to your physical and have your medical practitioner fill it out. Once they've completed the form you can upload it to your WellSteps account under the 'Rewards' tab.

**Q. Will I have to pay for my physical?**

**A.** Annual physical exams are covered as a preventive benefit under the Affordable Care Act.

**Q. What should I expect during an annual physical examination?**

- A.**
1. Measure your height + weight
  2. Check vital signs such as your blood pressure, glucose, and cholesterol levels
  3. Review personal health concerns- this gives you the opportunity to tell your doctor how you're feeling in your own words
  4. Review your medical care preferences
  5. Assess your social environment + how it affects your health
  6. Review your medication list
  7. Review your family health history
  8. Administer an actual physical exam where they will evaluate each organ system
  9. Get necessary tests + screenings

\*This list is not all-inclusive and may differ depending on your provider, however it is meant to give you an idea of what to expect at your visit.

If you are in need of additional resources for your upcoming visit, utilize our '[How to Talk With Your Doctor](#)' and '[Questions to Ask Your Doctor](#)' handouts.

**Q. Will I still receive points for my physical + Personal Health Assessment?**

- A.** Yes. You will still receive 50 Healthy Lifestyles points for completing the PHA + 150 points for completing your physical.

**Q.** Will the Alternate Activity be offered as an alternative to completing the physical?

**A.** No. Beginning January 2023 the Alternate Activity will not be offered.

## Rebates

**Q.** When will I get my rebate now?

**A.** Cash rebates will be administered during the month of December. HSA incentives will be administered in January.

**Q.** Will the points I've accumulated in 2022 transfer over to the points I earn in 2023?

**A.** No. Beginning January 2023 all participants points will be reset to zero. Everyone will have from January 1st- October 31st to accumulate points to go towards their rebate and HSA incentive.

**Q.** How do new participants join?

**A.** New participants can join at any time! They will have from their start date, to October 31st to earn points to go towards their rebate + incentive.