

## 2014 Annual Health Risk Assessment Frequently Asked Questions

### Am I required to sign up for my Health Risk Assessment (HRA) every year?

- All benefit eligible employees **hired on** Jan 1, 2009 or after are **required** to participate in the Clinic's Wellness Program every year to be enrolled on the County's insurance.
- Benefit eligible employees hired **prior to** Jan 1, 2009 may choose to participate or decline. Participation allows you continual use of the on-site Clinic and you will **not** be subject to a health insurance rate differential.

### To enroll, you must:

- 1 - Complete an HRA (including recent biometrics, i.e. height, weight, blood pressure)
- 2 - Complete the HAWQ form (online or paper)
- 3 - Complete a follow-up visit to review your results

### Are appointments required for both HRA dates?

Yes, appointments are necessary to ensure everything goes smoothly. If you come at a different time, you may have to wait until you can be worked in.

### Do I have to fast?

Yes, fasting up to 8 hours before your blood work is required to receive accurate results.

### What is the deadline to have everything completed?

**June 20, 2014** – all tests results, biometrics, follow-up visit and the HAWQ form must be received.

### If I can't attend the March 26 or the April 9 dates, what other options are available?

Employees have three (3) options to choose from: (1) March 26, (2) April 9, or (3) Your Family Doctor. HRA blood work, biometrics and follow-up visit (in writing) may be done no earlier than Jan 1, 2014 and no later than June 20, 2014.

### If I was hired in January and already had my blood work and follow-up visit completed with Nurse Vickie or my doctor, do I have to do anything else?

Yes. If you had the required HRA tests and follow-up visit completed prior to one of the event dates, but no earlier than January 1, 2014, you will need to bring the results with you to one of the events (give it to a HealthStat Rep) and be required to have your blood pressure, height and weight measurements taken.

### If I prefer to have my family doctor complete my blood work and biometrics, where should I have the results sent to? What tests are required and when is the deadline?

You may do so as long as your results are recent and contain the following:

- Fasting blood specimen
- Height, weight and blood pressure measurements
- Total Lipid screening (HDS/LDL, Triglycerides and Glucose Serum)
- Completed HAWQ form
- Written follow-up visit by your doctor (or it can be done in the Clinic)

All results **must be with you and handed to a HealthStat rep at one of the event dates**. If you are not able to attend either event, the test results, measurements and the HAWQ form listed above shall be mailed, faxed or hand delivered to Nurse Vickie by **June 20, 2014 deadline**. See Memorandum for CPT codes.

**Who is eligible to use the Clinic?** All FT and PT benefit eligible employees who are in compliance with the Clinic's Wellness Program. Although non-classified employees are eligible to walk around and participate in the health fair, they are not eligible to participate in the screenings or the onsite Clinic.

**Can I complete a paper Health and Wellness Questionnaire (HAWQ) rather than on line?**

Yes, if you do not have access to a computer, having difficulty logging in or prefer to complete a paper form, one will be provided to you at one of the event dates or in Nurse Vickie's office. Contact HR at 394-2007. Please complete **only one** form of the questionnaire.

**Where can I access the HAWQ form?** The link to access the questionnaire will be located on Monty and Montva or [www.healthstathra.info](http://www.healthstathra.info). You will need the **Company ID: 90** and your Member ID: last 6 digits of your SSN.

**When will the HAWQ forms be available to complete on line?**

The HAWQ forms will be available on line for each event as follows:

**March 26** – available on line March 1 through April 6, 2014.

**April 9** – available on line March 1 through April 6, 2014.

**How do I sign up for an appointment?**

Contact HR at 394-2007 to schedule your appointment. It is important that you keep the appointment time assigned to you.

March 26, priority will be given to the Sheriff's Department and Social Services to schedule their appointment first. Human Resources will notify other departments by email of any open time slots.

April 9th is open to all employees.

**What is the fax number and mailing address to the onsite Clinic (Nurse Vickie)?**

**Fax:** 540-381-2056

**Mailing Address:** Montgomery County's HealthStat Clinic  
Attn: Vickie Warden  
P.O. Box 6661  
Christiansburg, VA 24068