

JEFFERSON PARISH GOVERNMENT

2022 BIOMETRIC HEALTH SCREENINGS

Date	Time	Location	Room
Monday, March 7, 2022	9am-3pm	Yenni Building	Suite 405
Tuesday, March 8, 2022	7am -12pm	Rheem Building	Fire Maintenance Rm. Suite B
Wednesday, March 9, 2022	9am-3pm	General Government Bldg.	Suite 3503/3506
Monday, March 14, 2022	9am-3pm	Yenni Building	Suite 405
Friday, March 18, 2022	9am-3pm	Juvenile Services Complex	Multipurpose Room
Tuesday, March 22, 2022	9am-3pm	Eastbank Regional Library	AV Conference Room-2nd Floor
Wednesday, March 23, 2022	9am-3pm	General Government Bldg.	Suite 3503/3506

Will I still earn \$\$\$ through Rally for completing my Screening?

YES! \$50 for every metric you meet! If you meet every metric, you could earn up to \$200 in gift cards from Rally! \$50 per met metric and Rally coins based on the following health outcome results:

- Blood pressure of 130/80 or better.
- Body mass index (BMI) of 25.0 or less or a 2-point or more improvement.
- Total cholesterol is less than 200.
- Tobacco-free

Why should I participate?

By combining biometrics with screening results, you can assess your risk for diabetes and heart disease. Early detection can be the key to reducing those risks, and that's why knowing your numbers is so important. The screening is available to you at no additional cost as part of your benefit plan. All information in the assessment and the results report is personal and confidential.

How do I sign up?

- Visit <https://www.myuhc.com/> , log in, and click on the **Health Resources** tab
- Scroll down to the **Programs** section and select the **Get Screened** program tile
- You will arrive at the Quest Diagnostics site. Complete the screens that follow to finish the registration process
- Once you've registered, you'll arrive at the dashboard
- Under the **Wellness Screening** section, select the **"Onsite Event"** option & follow the instructions to schedule your appointment at one of the 7 onsite events we will host at various locations through Jefferson Parish.

Is there anything I need to do before my screening?

- Drink plenty of water & if you can, try and fast.
- Take all medications according to your regular schedule.

How do I view my results?

You should receive an email when your results are available online. Please note that results are best viewed on a desktop or laptop computer. Your results from previous years will also be available for viewing online.

For questions on registration or scheduling, please call Quest Diagnostics at 1.855.623.9355, Monday- Friday 7:00 AM – 8:30 PM Central, and Saturday 7:30 AM-4:00 PM Central.

What do you need to bring? Don't forget to **bring your ID card**. You can print a copy of your ID card from the home page of your myuhc.com account. If you need MyUHC Website Assistance call 1-877-844-4999.

Benefits Coordinators: Please print this email and distribute to all employees that do not have email access.
Contact Jessica Palermo @ jpalermo@jeffparish.net if you have any questions.