FREQUENTLY ASKED QUESTIONS

Who is administering the screenings?
As a part of the Everence Live Well program through Mennonite Educators Benefit Plan, Goshen College is partnering with Health Advocate to offer on-site health screenings. For employees unable to make it to the on-site screening, we will be offering Talk to Your Doc, which is a program that allows you to visit your physician for an annual physical or wellness exam.

Why should I have a health screening?
Annual health screenings are essential in detecting illness at an early stage, preventing illness, and ensuring good overall health.

If I’ve already had an annual physical, why should I still participate?
Participating in a health screening is an opportunity to check on your health between your regular physician visits. By sharing your screening results with your primary care provider (physician), you are giving him/her a more complete picture of your health. It also allows you the opportunity to earn wellness points* which affects your monthly premium contribution level for your employer’s 2015-2016 medical plan.

What measures are tested during the screening?
The following biometric measurements will be tested as a part of the screening:

• Body mass index (BMI), calculated using height & weight
• Blood pressure
• HDL, LDL, & total cholesterol
• Triglycerides
• Glucose
• Tobacco / Nicotine

How are my cholesterol and glucose measurements collected?
Blood tests performed at the on-site screening are collected with a simple finger stick.

How do I sign up for my on-site screening appointment?
When prompted to sign up, go online to members.healthadvocate.com, select your employer’s name, and click “Schedule Your Biometric Health Screening.” You will be able to select a site, service, date, and time before you hit “Submit.” You can also call (800) 970-1263 to schedule your appointment. (Please use your home zip code when registering on Health Advocate’s website.)

If you are participating in Talk to Your Doc, please review the Talk to Your Doc materials.

Do I need to fast for the screening?
Yes. In order to get accurate results, you must not eat or drink anything but water for 9 to 12 hours before your scheduled screening appointment. If, for medical reasons, you cannot fast, please let Health Advocate know at the time of check-in.

How will I receive my results?
Results from the on-site screening with Health Advocate will be provided immediately. You will have an opportunity to speak with a health coach to review your results and discuss areas for improvement. If you participate in Talk to Your Doc, you will receive a Results Statement in the mail.

Will my results affect my insurance coverage or benefits?
No. Personal health information is protected. Results will not affect employees’ insurance coverage or benefits, nor will they be disclosed to your employer.

Who can I contact if I have additional questions?
Contact Human Resources with any questions or concerns.

* Your health plan is committed to helping you achieve your best health. Rewards for participation in the wellness program are available to all employees. If you think you may be unable to meet a goal for a reward under this wellness program, you could qualify for an opportunity to earn the same reward by different means. Contact us at 877.833.5900 and we will work with you (and if you wish, your doctor) to identify a wellness program that is right for you in light of your health status.