Know your numbers… for your good health.

Associates Health Center

1632 West IN-28
Frankfort, IN 46041
T 765.605.4000

Now scheduling: Biometric screenings at Associates Health Center

Biometric screenings will take place at Associates Health Center from Oct. 1 through Oct. 31. Completing a biometric screening enables you to be proactive in addressing any health issues so you can live a better life. Screenings are available for City of Frankfort and Frankfort Utilities employees who participate in the city's health plan.

A simple finger stick and just 15 – 20 minutes of your time will help you learn important details about your:

- Blood pressure
- Height and weight
- Body mass index (BMI)
- Waist circumference
- Cholesterol (total, HDL, LDL and triglycerides)
- Fasting blood glucose
- Hemoglobin A1C

For the most accurate lab results, please do not eat anything for at least 12 hours before your screening appointment. Do not drink anything but water or black coffee 12 hours before your screening. You may take medications as prescribed.

Earn incentives by managing your health

Employees can take advantage of incentives and earn premium reductions each pay period by completing the biometric screening and meeting certain metrics and standards. *(See table on reverse side for details.)*

Please note: If you completed a biometric screening through your physician after Jan. 1, 2024, you <u>do not</u> have to complete the biometric screening. However, to receive any incentives, you will need to have your physician complete and fax the 2025 Physician Option Form, which you may pick up at the city's Human Resources office. The fax number for sending the completed form to Associates Health Center is on the form.

Associates Health Center

In collaboration with Indiana University Health

Earn incentives by managing your health

You can earn premium reductions each pay period by completing the biometric screening and meeting certain metrics and standards.

Metric	2025 standard screen	Incentive amount*
Participation in screening		$5 per pay
Blood pressure	Less than or equal to 138/88	$5 per pay
Glucose	Less than or equal to 115	$5 per pay
LDL	Less than or equal to 135	$5 per pay
Tobacco	Non-tobacco user for more than six months	$20 per pay
Total incentive dollars available		$40 per pay (single employee)

Only employees are eligible to earn these incentives.

Not currently able to meet the metrics?

If your biometric screening results do not meet the 2025 standards, you may still be eligible to earn the incentives by completing one meeting with the health coach at Associates Health Center. To be eligible, you must have your appointment scheduled by October 31st with the health coach and follow a plan aimed at improving your biometric screening results. Contact the health coach at 765.605.4000 for details and to schedule your first appointment. Please note; if you need tobacco cessation support, you will need to complete the 1-800-QUIT-NOW program, contact Human Resources for more information.

Wellness Screening Provider Care Form

Submit the Wellness Screening Provider Care Form, **at the time of your City of Frankfort biometric screening**, if you meet one or more of the following conditions:

▪ Your results do not meet the incentive standards. *(See chart above.)*

▪ You are currently participating in a tobacco cessation program.
▪ You are currently pregnant or one-year postpartum.

Please have your physician complete and sign this form indicating the condition *(from list above)* for which you are being treated or monitored. **This form is not necessary if your results are within the incentive standards. This form may be picked up at the city's Human Resources office. Your physician will need to complete the form and fax it to Associates Health Center. The fax number is on the form, and it must be submitted by October 31st.**

Associates Health Center

In collaboration with **Indiana University Health**