Extension Annual Conference: Bio Screening Registration Information

It is important that you Know Your Numbers. By knowing your height, weight, BMI, blood pressure, total cholesterol, HDL, and blood sugar (either glucose or A1C) values, you can make changes to improve your health and reduce your risk of developing heart disease, diabetes and other serious illnesses. Completing a verified biometric screening is one of two requirements needed to earn premium credit. A verified biometric screening can be completed in one of three ways:

1. On-Campus Screening Event
   - On December 17th and 18th, the OSU Health Plan’s RN Health Promotion Specialist(s) will be in at our Conference at the Hyatt to complete complimentary biometric screenings*. These values will automatically load to your YP4H/Virgin Pulse account on the “Stats” page and you will receive credit for completing a 2019 verified biometric screening. See below for screening registration details.

2. OSU or Central Ohio Primary Care (COPC) Provider Visit
   - Your values obtained during an annual exam with an OSU or Central Ohio Primary Care (COPC) provider are received by the OSU Health Plan (OSUHP). Once all values are received (height, weight, blood pressure, total cholesterol, HDL and a blood sugar value: glucose or A1c), OSUHP will provide verification to Virgin Pulse that you have completed a biometric screening.

3. Non-OSU or non COPC provider
   - If you see a provider outside of the OSU or COPC network, you may need to have your values submitted by your provider. Please have your provider complete and submit a Provider Fax Form to the OSU Health Plan to verify that you have completed a biometric screening with him or her.

4. Screening Registration Details:
   - If you would like to register for the upcoming biometric health screening event, follow the steps below:
     1. Visit yp4h.osu.edu and click the “Schedule a Screening” button in the middle of the page.
     2. Log in with your Ohio State name.# and password.
     3. Highlight “Biometric Health Screening” and find the “appointment code” box.
     4. In the “Appointment Code” box type in EXT19 Do NOT copy and paste as this doesn’t always work to activate the code.
     5. Click “Find Appointments or Classes”- This will show only the appointments available for this screening event.
     6. Continue to schedule the appointment. If you experience any difficulty, please contact Customer Service at 292-4700 with your Appointment Code.
Once you obtain your required health values, complete the Personal Health & Well-being Assessment (PHA). The PHA is an online self-evaluation of your overall wellness and only takes about 15 minutes to complete. After completing the PHA, Virgin Pulse will offer specific programs to you and customize your YP4H experience based on your goals. Visit yp4h.osu.edu and log in to Virgin Pulse to complete your PHA.

By annually completing the PHA and a verified biometric screening, enrolled employees can reduce the cost of their medical contributions by $20 per month or by $30 per month if they and their enrolled spouse both complete the PHA with verified biometrics. Click here for more information about rewards.

Please remember that participating in Your Plan for Health (YP4H) is completely voluntary. We understand that your health history is very personal — protecting your information and keeping it private is of utmost importance to us. While participating in YP4H, the personal information that you provide, whether online or in person, is only available to you and those whom you authorize to access it. Beyond the team at the OSU Health Plan, your nurse, health coach, or your own PCP, no other Ohio State personnel will see or have access to your results.

When your Verified Biometric Screening has been processed, it will be reflected as complete in your "REWARDS" tab with a green checkmark and date. You need a complete PHA and verified biometric screening to earn Premium Credit.

Additional rewards available to you this program:

- Complete a 2019 Verified Biometric Screening
  Completed: February 14, 2019
  250 Points

- Personal Health & Well-being Assessment (PHA)
  Completed: April 3, 2019
  250 Points

When you see both green checkmarks you have earned your Premium Credit. Log in to Virgin Pulse and select “REWARDS” to view your status.
*If you believe all of your values have been obtained by your provider and it is not being reflected in your Virgin Pulse account, please contact the Ohio State Health Plan for assistance yp4h.clinicalsveices@osumc.edu

**As a reminder, you are only eligible for one on campus screening per calendar year. If you are unsure of when your last screening took place, please log in to https://linktohealth.osu.edu and click on the “Biometric Health Data” tab to view your history.