

# Earn your 2021 \$500 Wellness Incentive!

## Frequently Asked Questions

All active employees enrolled in a City of Dallas medical plan can complete the following steps to earn the 2021 wellness incentive. If all requirements are met by their applicable deadlines, the \$500 incentive will be added to your December 2021 paycheck.

### Complete the following to earn \$500!

WELLNESS ACTIVITY	DETAILS	DEADLINE
<b>Complete a Catapult Health Virtual Checkup</b> (a biometric screening and virtual physical exam from home!)	<ol style="list-style-type: none"> <li>1. Visit <a href="http://www.virtualcheckup.com/cod">www.virtualcheckup.com/cod</a> to register for a Virtual Checkup home kit. You can register for a home kit between 3/22/2021 and 6/30/2021. Then, complete the checkup no later than 8/31/2021.</li> <li>2. Complete your home kit within 7 days of receipt. (Note: Be sure to have your BCBSTX member ID available!)               <ul style="list-style-type: none"> <li>• Once you complete and return your home kit, you will receive a notification from Catapult Health to schedule an appointment with a Nurse Practitioner.</li> </ul> </li> <li>3. Follow the notification's instructions to book and complete a Virtual Checkup with a Catapult Health Nurse Practitioner.               <ul style="list-style-type: none"> <li>• During your Virtual Checkup, the Nurse Practitioner will review your kit results in more detail and ask some additional health questions.</li> </ul> </li> </ol>	<b>Register for Home Kit:</b> 6/30/2021  <b>Complete Virtual Checkup:</b> 8/31/2021
<b>Complete the BCBSTX online Health Assessment</b>	<ol style="list-style-type: none"> <li>1. Log into (or register for) BCBSTX's secure Well onTarget portal at <a href="http://www.wellontarget.com">www.wellontarget.com</a>.</li> <li>2. Click on <i>Start</i> in the <i>Health Assessment</i> box at the top of your dashboard to complete the online Health Assessment.</li> </ol> <p>Note: You will earn 2,500 BluePoints from BCBSTX – redeemable for things like popular tech items, workout gear, and home goods – for completing the online Health Assessment. BluePoints are not part of the City of Dallas' wellness program, and you must still complete all steps outlined in this table to achieve the \$500 wellness incentive.</p>	8/31/2021

### If You Want to Visit Your PCP Instead

If you do not want to complete the Catapult Health Virtual Checkup, you may instead visit a Primary Care Physician (PCP) for an annual physical exam with bloodwork. However, it's important to note that this option will require more of your time and effort than the Virtual Checkup. Please keep this in mind as you choose your option.

Annual physical exams with bloodwork, performed by your PCP between 9/1/2020 – 8/31/2021, are accepted.

- **Visits from 9/1/2020 – 12/31/2020:**
  - If your visit included bloodwork, no further action is needed. Your visit will be verified automatically.
  - If your visit did not include bloodwork, you will need to complete a Catapult home kit and Virtual Checkup or schedule another PCP visit. After your follow-up visit, you will then need to enter your exam results and other information as described below online at <https://pcpform.com/cod> by **8/31/2021**.
- **Visits from 1/1/2021 – 8/31/2021:**
  - It is up to you to make sure your doctor performs bloodwork and measures all the necessary factors (height, weight, abdominal circumference, blood pressure, total cholesterol, LDL cholesterol, HDL cholesterol, triglycerides, glucose). You will also need your provider's NPI number, the date of your exam, and your BCBSTX member ID.
  - Use your results and other information to complete the PCP form at <https://pcpform.com/cod> by **8/31/2021**. Since results won't be available immediately, be sure to get your screening early enough to meet the deadline.
- **In addition to the checkup/PCP Visit, be sure you also complete the BCBSTX Health Assessment by 8/31/2021.**

**1. When will the Virtual Checkup be available?**

You can register for a home kit at [www.virtualcheckup.com/cod](http://www.virtualcheckup.com/cod) between 3/22/2021 and 6/30/2021. Complete the checkup no later than 8/31/2021.

**2. Why are we engaging with Catapult Health?**

At the City of Dallas, your health is one of our highest priorities. The City of Dallas has partnered with Catapult Health to help support our 2021 wellness incentive. Catapult Health delivers quick and professional preventive services that empower individuals to improve their health. Additionally, Catapult Health's convenient at-home offerings allow us to adjust to meet the needs of remote employees during the ongoing pandemic.

**3. How is my privacy protected?**

Catapult respects each person's right to privacy and complies with all State and Federal requirements. Individual results will be stored within the secure Catapult Health System, which has earned the highly respected HITRUST CSF Certification. Additional information can be found in Catapult's Notice of Privacy Practices.

**4. Who will have access to my results?**

Each participant and their Catapult Health Nurse Practitioner (if virtual option is used) will review and discuss their results. Catapult can also securely transmit testing results to your primary care provider, if desired. The City will not have access to your results.

**5. Are results confidential?**

Yes! No one at the City will have access to your results.

**6. Are there any hidden or out-of-pocket costs to me?**

No. Your Virtual Checkup is covered 100% by the City with no deductible and no co-pay.

**7. What do I do if I visited my PCP between 9/1/2020 and 12/31/2020?**

If your PCP visit included bloodwork, then no action is needed. Your visit verification will be obtained automatically.

If you completed a PCP visit that did not include bloodwork, you will still need to complete a Virtual Checkup or another PCP visit. If you choose another PCP visit, obtain the following results from your PCP: Height, weight, abdominal circumference, blood pressure, total cholesterol, LDL, HDL, triglycerides, and glucose. You will also need to know the provider's NPI number, the date your tests were performed, and your BCBSTX member ID. Then, complete the PCP form at <https://pcpform.com/cod> by **8/31/2021**.

**8. What do I do if I visited or plan to visit my PCP between 1/1/2021 and 8/31/2021?**

Obtain the following results from your PCP: Height, weight, abdominal circumference, blood pressure, total cholesterol, LDL, HDL, triglycerides, and glucose. You will also need to know the provider's NPI number, the date your tests were performed, and your BCBSTX member ID. Then, complete the PCP form at <https://pcpform.com/cod> with your exam results by **8/31/2021**.

Enter your results on <https://pcpform.com/cod> and complete the BCBSTX Health Assessment in your BCBSTX personal portal by **8/31/2021**.

If you completed a PCP visit that did not include bloodwork, you will still need to complete a Virtual Checkup or another PCP visit. If you complete a Virtual Checkup, this step is complete. But if you choose another PCP visit, obtain the following results from your PCP: Height, weight, abdominal circumference, blood pressure, total cholesterol, LDL, HDL, triglycerides, and glucose. You will also need to know the provider's NPI number, the date your tests were performed, and your BCBSTX member ID. Then, complete the PCP form at <https://pcpform.com/cod> by **8/31/2021**.

## 9. What does a Virtual Checkup include?

Each Virtual Checkup kit includes a blood pressure monitor that you will use to check and record your blood pressure, as well as the necessary equipment to obtain accurate testing results for total cholesterol, HDL, LDL, triglycerides, and blood sugar (hemoglobin A1c). During your video checkup with a Catapult Nurse Practitioner, they will complete a personal health history, discuss your health risks, and perform a COVID-19 assessment. The Nurse Practitioner will also review current medications and screen for depression. You will receive a detailed Personal Health Report immediately after the checkup. Catapult will even send results to your iPhone, in addition to loading them into the secure participant portal.

## 10. How much time will it take to complete a Virtual Checkup?

Once you receive your Home Kit, everything inside should take less than 10 minutes to complete. When testing results are ready, you will spend approximately 20 minutes answering the personal health history questions and completing the Nurse Practitioner consultation, at a time and in a location you choose.

## 11. What is included in the Virtual Checkup Home Kit?

Within a few days after signing up, you will receive a box in the mail filled with useful items including a wrist blood pressure monitor, a blood pressure log, measuring tape, a next-generation finger stick blood spot device (only requires four drops), very simple instructions, and a pre-paid return envelope.

## 12. How is the blood test performed? Are the results reliable?

Each Home Kit contains a patent-pending blood collection cartridge called the Hemaspot SE that immediately separates 4 drops of whole blood (obtained with a simple finger stick) into its constituent parts of whole blood cells and serum. Its innovative moisture-tight design and tamper-evident latch assures the sample remains uncompromised when shipped back to the lab for testing. The resulting sample stability provides such reliable testing results that the same cartridge is used in clinical trials and for medical research.

## 13. What type of device is required to complete the virtual consultation?

Virtual Checkups are compatible with any smart phone, tablet, laptop, or desktop computer. If you do not have the required device, the Nurse Practitioner consultation can be done via telephone.

## 14. How does the virtual consultation work?

At a convenient time of your choosing, an email and text message will be sent with a link to Catapult's secure online system. With one click on the link, the secure system will open in your browser. After answering a few questions about medical history, a Nurse Practitioner will appear on your screen, and you will spend the next 10 minutes discussing test results and creating a Personal Action Plan.

## 15. Is the Virtual Checkup consultation with a Nurse Practitioner secure?

Yes, everything Catapult Health does is secure and compliant with HIPAA and HITRUST. They take the privacy and security of all participants and their information very seriously.

## 16. Will I receive a Personal Health Report?

Absolutely! Each participant will receive a Personal Health Report that includes:

- Testing results graphically displayed so they are easy to understand.
- A Personal Action Plan developed by the participant and your Nurse Practitioner.
- Recommended health improvement programs available through the City of Dallas.

## 17. What if I have more questions?

For questions about the Virtual Checkup, home kit, or the PCP option, please contact Catapult Health at [support@virtualcheckup.com](mailto:support@virtualcheckup.com).

For questions regarding the wellness incentive, wellness steps, or your medical plan benefits, please contact the City's Benefits Service Center at (214) 671-6947 or [hrbenefits@dallascityhall.com](mailto:hrbenefits@dallascityhall.com).