

# **Baylor Scott & White Workplace Wellness FAQ's for Lewisville ISD Employees**

## **What is the cost for the wellness screening?**

Any covered employee who has not used their annual preventative screening benefit (the blood work portion only) can get a screening covered by their insurance at 100% (NO OUT OF POCKET COST to the participant). The employee may still see their physician after the screening for their annual physical under the preventative benefit, but now they will be able to bring a copy of their lab results, instead of having it drawn at their physician's office or an area lab after their annual physical.

## **If participants have not met the annual deductible, is this preventive screening fully covered, at no charge to the employee?**

Just like a yearly well-woman exam, the wellness screening is covered at 100%, under your preventative health benefit (including the Aetna/TRS ActiveCare Select plan), with no deductible or portion of deductible collected.

## **Is the screening for employees who have not seen their doctor this year? If they have had some lab work with their own doctor, will the insurance pay for this screening?**

If the annual preventive screening benefit has already been used this coverage year during your annual wellness visit, then a charge for these screening tests may be incurred. If you had lab tests performed by your doctor due to a medical condition (meaning not a wellness screen), you can utilize the annual preventive benefit for these screenings. Please know that these screening tests are not a substitute for an annual physical/wellness exam with your primary care physician.

## **What if an employee is covered under her spouse's insurance and not the TRS plan?**

Baylor Scott & White accepts most major insurance carriers. For a complete listing of in-network insurance plans, click [Insurance Accepted](#).

## **What if I don't have a Primary Care Physician (PCP)?**

Baylor Scott & White encourages all participants to have a relationship with a primary care physician who can coordinate your care and oversee your health. We are happy to assist you in finding a PCP.

## **What if an employee wants a wellness screening but they do not have insurance?**

Biometric screenings and limited lab tests will be performed at no charge for those employees that do not have insurance coverage. They will still need to sign up via the online tool but in the comments section where the insurance information is collected, they would just enter "none". The results will be mailed to their home the same as with other participants.

## **What about my spouse or adult children, are they eligible to participate?**

Spouses and adult children that are covered are also eligible to participate -- they will just register via the online registration tool the same as the employee.

## **What will be the hours for the screenings?**

The appointment times vary by campus, but generally the screenings will be available one hour before school starts and continue through the first hour of the school day. Each appointment will last about 10 minutes. Remember that participants need to fast before the blood work is drawn, which means they should not eat or drink anything (except water) after midnight the night before the screenings.

**How do I register?**

Employees may register online for a wellness screening appointment by going to [www.BSWHealth.com/workplacewellness](http://www.BSWHealth.com/workplacewellness). They will choose Lewisville ISD from the first drop down, then the campus location from the second drop down. Then they may choose a timeslot. They will need to enter some demographic information, including their insurance provider, Group ID, and Member ID in the COMMENT section.

**What if I forgot to register online? Can I still get a wellness screening?**

Baylor will accommodate walk-ins, but to minimize the wait time, it is best to register in advance and sign up for a time slot.

**Can I get my screening done at a campus different from my own?**

All screening dates are open to anyone from any campus. When registering online, select the location and date you prefer.

**How long should I fast before the blood work is drawn?**

It is ideal to be fasting for 10-12 hours before the blood draw. Generally, we suggest not eating or drinking anything (except water) the morning of the appointment. You may also drink coffee, as long as it does not contain sweetener or cream. Participants should take their morning medications as usual. If a participant is not fasting, Baylor will still perform the testing, but will make a note that they were not fasting when the sample was drawn. It will be up to the physician to interpret the results based on a non-fasting sample.

**Is the employee's information kept confidential?**

The participant's results are kept confidential, only being seen by Baylor Scott & White Workplace Wellness staff. We operate under the very strict HIPAA laws that guide privacy within healthcare. Results will be mailed to the employee's home address that is provided during registration. Participants will receive two (2) copies of the results, one for their primary care physician and one to keep.

**What if I still have questions?**

For assistance or questions, contact the Baylor Scott & White Workplace Wellness Program at **972.394.2298** or via email at [WorkplaceWellness@BSWHealth.org](mailto:WorkplaceWellness@BSWHealth.org) or contact the wellness coordinator directly at [Linda.Small@BSWHealth.org](mailto:Linda.Small@BSWHealth.org).