



# Archdiocese Employee Wellness Program

*We care about your good health!*

The Archdiocese of St. Louis deeply cares about you and your personal wellbeing. Benefit eligible employees may receive one Archdiocesan-paid H&H Health Associates Wellness Screening each year (May 1, 2017—April 30, 2018). To participate, please see page 2—3 for the March listing of H&H screening events located at an Archdiocesan parish/school/agency.

**Eligible employees who choose to participate in an H&H screening or have an annual physician exam from May 1, 2017 to April 30, 2018 can receive a \$250 employer-paid contribution to their Archdiocese of St. Louis sponsored 403(b) Retirement Plan! You do not have to be a participant in the health plan. For more incentive information, go to <http://archstl.org/wellness>.**

**Don't miss out on an Archdiocesan-paid screening & \$250.00.**

## What's involved?

### 1. Comprehensive Wellness Screening (blood draw)

The confidential wellness screening includes upwards of 50 blood test results, and is far beyond what's available under most any health insurance plan. The out of pocket cost for testing this extensive is upwards of \$400-\$600. The screening being performed is **NOT** testing for drugs or alcohol. Instead, it is specifically designed to examine your personal risk for Heart Disease, Stroke, Liver, Kidney Function, Diabetes, Anemia, Thyroid Disease, Clotting Disorders, Inflammation of the Blood Vessel Walls, Damage to Bones, Prostate Health (for males 50+), and more. (See page 2 for a complete listing of tests performed.)



### 2. Wellness Survey

The wellness survey is a brief, confidential questionnaire that focuses on lifestyle habits and general health interests. At the end of the program year, all survey responses are compiled into a group report by H&H Health Associates, and presented to leadership to better assess the health needs and interests for the future. The survey is available at the time of your online H&H registration for a screening or via hard copy at the screening event.

### 3. Individual Reporting and Nurse Outreach

All participants will receive a detailed, individual report at their home within 2 weeks of completing their blood draw. Each report includes a full explanation of lab test results, trending information (if applicable), plus personalized notations/comments from the nurse who reviewed your results. For participants who registered online, simply log back in to view your current & historic lab test results via H&H's secure wellness portal. New lab test results are generally available online within 5 days of completing your wellness screening.

If lab values indicate the need for more immediate attention or concern, a nurse from H&H Health Associates will contact you within approximately 72 hours of receiving your lab test results. Regardless of receiving a phone call from a nurse, we strongly encourage all participants to share a copy of their results with their primary care physician and/or specialist.



**On average, 20-25% of any population screened is considered "High Risk", meaning they are completely unaware of a chronic illness/disease, or may be aware of a condition, but it is not under appropriate control.**

## When and how do I participate?

On-site Archdiocesan Employee Wellness Screening Events will take place between March 1st—30th (see pages 3-4 for a complete listing). For those unable to participate at one of the March Archdiocesan events, individuals can choose to participate at an approved, walk-in clinic (1,600 nationally). **To participate at an Archdiocesan screening event or at an approved, walk-in clinic, simply register via the link below or call H&H Health (M-F, 8:30 am -5:00 pm CST) at 314.845.8302.**

<https://wellness.hhhealthassociates.com?companyCode=archdiocese>

(Easy website registration instructions are provided on page 2.)



# Employee Wellness Program



## Frequently Asked Questions...

The following is intended to address some of the most common questions regarding the H&H wellness screenings.

**For additional questions or concerns, please contact H&H Health Associates (M-F, 8:30am-5:00pm CST) at 314.845.8302 or the Archdiocese Office of Human Resources at 314.792.7546, especially if you want a confirmation of your previous physician exam or previous H&H wellness screening.**

### 1. What is the Wellness Screening and Wellness Survey?

The wellness screening involves a venipuncture blood draw (takes about 3-4 minutes total) to scientifically determine one's current health status. The wellness survey is a brief, confidential questionnaire that focuses on lifestyle habits and general health interests.

### 2. Who is eligible to participate in the H&H wellness screening?

Benefit eligible employees who are working a minimum of 1,000 hours annually or more or teachers with a half-time contract or more. You do not have to be in the Archdiocesan health insurance plan to receive an H&H wellness screening.

### 3. What is being tested with my blood sample?

Triglycerides	BUN	Globulin	MCV	Alkaline Phosphate
Total Cholesterol	Creatinine	Albumin/Glob. Ratio	MCH	Hemoglobin A1C
HDL Cholesterol	BUN/Creatin. Ratio	Bilirubin Total	MCHC	Bilirubin Direct
LDL Cholesterol	Sodium	TSH	RDW	UIBC
VLDL Cholesterol	Potassium	AST (SGOT)	Platelet Count	Neuts (Absolute)
Cholesterol Ratio	Chloride	ALT (SGPT)	Neutrophils	Lymphs (Absolute)
Total Iron	Carbon Dioxide	Hemoglobin	Lymphocytes	Eos (Absolute)
TIBC	Calcium	Hematocrit	Monocytes	Baso (Absolute)
Iron Saturation	Protein	White Blood Cell Cnt.	Eosinophils	Mono (Absolute)
Glucose	Albumin	Red Blood Cell Cnt.	Basophils	HS Cardio CRP

### 4. How do I go about participating in the confidential wellness screening?

**Register on-line at...** <https://wellness.hhhealthassociates.com?companyCode=archdiocese>

*If you experience any problems with your online registration (**Google Chrome is the recommended web browser**) or to do so by phone, simply contact H&H Health Associates at 314.845.8302 (M-F, 8:30am-5pm CST).*

**New Users:** If the company code is not already visible on the H&H online registration link, enter Company Code: "**ARCHDIOCESE**" and submit your personal information to create a user profile. Once submitted, you will immediately receive an email to validate your account. Click on the link within that email to activate your account, and then log in using your newly created username and password to choose how you would like to participate.

- **Archdiocesan Screening Event Participants...** Select your preferred time for the blood draw, complete your online H&H survey, and arrive about 5 minutes prior to your appointment.
- **Approved, Walk-in Clinic Participants...** Choose your preferred clinic, complete the on-line H&H survey, and then print/take the lab paperwork (received via email) to the approved, walk-in clinic. No co-pay or insurance information is required at the approved clinic. **IMPORTANT: All wellness screenings must be completed on or before April 30, 2018 to participate in the Employee Wellness Incentive Program.**

### 5. Is Fasting required for the wellness screening?

No. We do encourage participants to stay well hydrated prior to the blood draw, preferably drinking water, diet soda or coffee (no cream or sugar/artificial sweeteners are ok). For optimal results: no food 10 hours prior and no alcohol for 24 hours prior.

### 6. Is my participation mandatory?

No, participation in the wellness screening is 100% voluntary.

### 7. What feedback will I receive?

You will receive a detailed, customized report within 2-3 weeks at your home address, highlighting your current health status, trending patterns (if repeat participation), and personalized comments from the nurse who reviewed your results on any items you should act upon or monitor. In the event results indicate the need for more immediate attention or intervention, a nurse would contact you within approximately 72 hours of receiving your blood test results. On-line registrants will also have on-line access to both current (and if applicable, historic) lab test results by logging back into their secure, on-line account and clicking on the "Biometric Results" & "Historical Results" tabs.

### 8. What information will the Archdiocese receive?

The Archdiocese only receives a group report of the results. All individual information is kept strictly confidential & HIPAA compliant. No individual identifiable results are forwarded to an insurance carrier or other entity without the participant's consent.

### 9. I understand what is in this program for me, but what's in it for the Archdiocese?

As the cost of group health care continues to rise, it is clear that employees at risk for chronic conditions account for a disproportionate amount of the health care expenditures that drive those costs up. If the Archdiocese can provide assistance to these groups, we can better manage the cost of providing our health insurance plan.

## March 2018 Archdiocesan Wellness Screening Events

Please remember to register with H&H Health Associates online (see page 2 for instructions) or by phone (M-F, 8:30am-5:00pm CST) at 314.845.8302.

Location (Listings - Page 1 of 2)	Date and Room Location (Listings - Page 1 of 2)
<b>Christ Prince of Peace</b> 415 Weidman Rd., Manchester, MO 63011	<b>Thursday, March 1st</b> 6:30-9:00 am, Church Basement
<b>LAMP (Agency of Catholic Family Services)</b> 8050 Watson Road - Suite 340, St. Louis MO 63119	<b>Friday, March 2nd</b> 8:00-10:00 am, Conference Room
<b>Catholic Family Services - O'Fallon</b> <b>Located within the Bank of America building</b> 311 S. Main St, O'Fallon, MO 63366	<b>Monday, March 5th</b> 8:00-10:00 am, Conference Room
<b>St. Francis Borgia</b> 115 Cedar Street, Washington, MO 63090	<b>Tuesday, March 6th</b> 7:00-9:00 am, Notre Dame Hall– Mother Caroline Rm.
<b>St. Ann of Normandy</b> 7530 Natural Bridge, St. Louis, MO 63121	<b>Tuesday, March 6th</b> 7:00-9:00 am, Assembly Room
<b>Ste. Genevieve</b> 20 North 4th Street, Ste. Genevieve, MO 63670	<b>Wednesday, March 7th</b> 7:00-9:30 am, Parish Center
<b>Marygrove/Child Center</b> 2705 Mullanphy Lane, Florissant, MO 63031	<b>Wednesday, March 7th</b> 7:30-10:00 am, Eagan Center Clinic
<b>Bishop DuBourg High School</b> 5850 Eichelberger, St. Louis, MO 63109	<b>Thursday, March 8th</b> 6:30-9:00 am, Room 303 of the High School
<b>Rosati Kain High School</b> 4389 Lindell Blvd, St. Louis, MO 63108	<b>Friday, March 9th</b> 6:30-9:00 am, 1st Floor Board Room (Lindell access)
<b>Cathedral Basilica of St. Louis</b> 4430 Maryland Ave, St. Louis, MO 63108	<b>Monday, March 12th</b> 6:30-9:00 am, Boland Hall Lower Level
<b>St. Sabina-Florissant</b> 1365 Harkee Drive, Florissant, MO 63031	<b>Tuesday, March 13th</b> 6:30-9:00 am, Fr. Ottoline Room - Rectory
<b>Cardinal Rigali Center</b> 20 Archbishop May Drive, St. Louis, MO 63119	<b>Wednesday, March 14th</b> 6:00-10:00 am, Sister Ebo Room
<b>Good Shepherd Children &amp; Family Services</b> 1340 Partridge Ave, St. Louis, MO 63130	<b>Wednesday, March 14th</b> 6:30-9:00 am, Family Center 1&2
<b>Immaculate Heart of Mary</b> 8 W. Hwy D, New Melle, MO 63365	<b>Thursday, March 15th</b> 6:30-9:00 am, Weber Hall
<b>St. Gertrude - Washington</b> 6520 State Road YY, Washington, MO 63090	<b>Thursday, March 15th</b> 6:30-9:00 am, Old Hall
<b>St. John the Baptist Gildehaus</b> 5567 Gildehaus Rd., Villa Ridge, MO 63089	<b>Monday, March 19th</b> 6:30-9:30 am, Front office of Rectory
<b>St. Margaret Mary Alacoque Parish</b> 4900 Ringer Road, St. Louis, MO 63129	<b>Wednesday, March 21st</b> 6:30-9:30 am, Parish Center
<b>Mary Queen of Peace</b> 680 W. Lockwood Ave., Webster Groves, MO 63119	<b>Wednesday, March 21st</b> 6:30-9:00 am, Holy Family Room

*Fasting is not required for this screening; however we do encourage all participants to keep well hydrated prior to the blood draw - preferably drinking Water, Diet Soda or Coffee (no cream or sugar / artificial sweeteners are ok). For optimal results... no food for 10 hours prior and no alcohol for 24 hours prior.*

*If you are unable to make one of these on-site events, you do have the option of participating at an approved, walk-in clinic. See page 2 for details or call H&H Health Assoc. (M-F, 8:30am-5:00pm CST) at 314.845.8302.*

## ***March 2018 Archdiocese Wellness Screening Events continued...***

**Please remember to register with H&H Health Associates on-line** (see page 2 for instructions) **or by phone** (M-F, 8:30am-5pm CST) **at 314.845.8302.**

<b>Location (Listings - Page 2 of 2)</b>	<b>Date and Room Location (Listings - Page 2 of 2)</b>
<b>St. Theodore</b> 5085 Hwy P, Wentzville, MO 63385	<b>Wednesday, March 21st</b> 6:30-9:00 am, Father Schmidt Room
<b>Cardinal Rigali Center</b> 20 Archbishop May Drive, St. Louis, MO 63119	<b>Thursday, March 22nd</b> 6:00-10:00 am, Sister Ebo Room
<b>Holy Infant School</b> 627 Denison Drive, Ballwin, MO 63021	<b>Friday, March 23rd</b> 6:30-9:30 am, Lower Cafeteria in Parish Center
<b>Catholic Family Services - Crestwood</b> 9200 Watson Road, Suite G-101 St. Louis, MO 63126	<b>Friday, March 23rd</b> 8:00-10:00 am, Large conference room
<b>Queen of Peace Center</b> 325 N. Newstead, St. Louis, MO 63108	<b>Monday, March 26th</b> 7:00-10:00 am, Main lounge in Cathedral Tower
<b>St. Ferdinand Parish</b> 1765 Charbonier Rd., Florissant, MO 63031	<b>Tuesday, March 27th</b> 7:30-10:30 am, Duchesne Hall- Room #9
<b>Cardinal Ritter Senior Services</b> 7601 Watson Rd., St. Louis, MO 63119	<b>Thursday, March 29th</b> 6:30-9:00 am, Lally Room

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