

# 2018 *LivingWell* Promise

As part of the LivingWell Promise, you must take the Go365 Health Assessment (HA) or complete a Biometric Screening. It is your choice – do whichever one you prefer. If you choose to do both, you will earn more Go365 Points!

## **If you enroll in either the LivingWell CDHP or the LivingWell PPO for 2018:**

- You must take the Go365 Health Assessment (HA) or get a Biometric Screening;
- You must fulfill your Promise by July 1, 2018 in order to receive a \$40.00 monthly premium discount in 2019; and
- You will not receive the premium discount for 2019 if you do not fulfill your Promise.

You are the only family member that must complete the HA or Biometric Screening, unless you have a cross-reference payment option. **If you have the cross-reference payment option:**

- You and your spouse must both fulfill the LivingWell Promise;
- You and your spouse will each receive a \$40.00 monthly premium discount in 2019 if you both fulfill the Promise;
- If only one of you fulfills the Promise, then only that person will receive the \$40.00 monthly premium discount in 2019; and
- You and your spouse can each choose separately how you fulfill the LivingWell Promise, whether by taking the Go365 HA or getting a Biometric Screening.

## **About the Go365 Biometric Screening**

- A biometric screening consists of lab work to measure your cholesterol, blood glucose, blood pressure, and height, weight and waist circumference to learn about your Body Mass Index (BMI).
- For more accurate results, fast for at least nine hours prior to the test.
- This screening can be done at a number of locations and earns you Go365 Points.

## **How to Complete a Go365 Biometric Screening**

- To find a biometric screening location near you, go to <http://livingwell.ky.gov/Pages/Screening.aspx>
- Decide the location that you would like to complete the biometric screening. For the Walgreens Take Care Clinics, Kroger Little Clinics, and PCPs, you will need to print the voucher.
- If you choose to use your primary care physician (PCP), copay and lab fees may apply.
- Take your Go365 ID card with you to your appointment or event.

*Sign in/register to take your Health Assessment! <https://www.go365.com>*

## **About the Go365 Health Assessment**

The HA is a series of questions about your current physical and mental well-being, your day-to-day lifestyle, and how you feel about your current health levels. It takes about 10-15 minutes to complete.

At the end:

- You will receive your Go365™ Age;
- You become more aware of your health status; and
- Your Go365 Blue status will move to Go365 Bronze status, earning you bonus Go365 Points.

## **How to Take the Go365 Health Assessment**

**First-time users - You will need your Go365 member ID number or Social Security number to register.**

- You can register via a computer by visiting Go365.com and clicking on “Register now.” Follow the steps and create a user name and password; or
- You can download the Go365 app and register. Follow the steps to create a user name and password.

**Returning users - You will need your Go365 user name and password or your Go365 member ID number to retrieve your user name and password.**

- You may take your HA at Go365.com or on the Go365 mobile app. Once you sign in, you will see your previous Biometric Screening results (if within the last 18 months); and
- Update all of the fields that have changed and leave the fields that are still accurate. If you don't have your current Biometric Screening data that's okay; leave the prior year's answers in place or answer “don't know.”

### **Verification (proof of completion)**

Once you are logged into your Go365 account and on the Dashboard page, scroll down to find the Achievements tile and click on “View Achievements.” On this page, you can download and save your “Achievements report PDF,” or view the date that you completed your Health Assessment or Biometric Screening.

If you have your biometric screening done at your primary care physician, you must submit proof to Go365. Find the form here.

### **Contact**

If you have concerns related to completing the Go365 Health Assessment, contact customer service at 855-478-1623 or visit the Go365 Community.

***Results do not affect your health insurance coverage.***