



## 2015 Employee Wellness Incentive Program

*Know Your Numbers and*

**Employee Wellness Save \$300 to \$600 in Annual Health Plan Premiums!**

Promoting a Culture of Health

APS employees and spouses/domestic partners who have health insurance or who would like to enroll in the health plan through the district will be offered the opportunity to keep premiums down for the fifth straight year by participating in the 2015 Employee Wellness Incentive Program. Participation is voluntary; however, in order to receive the savings for the new plan year effective January 1, 2015, employees and spouses/domestic partners **must complete a biometric health screening and sign a tobacco affidavit by September 30, 2014.** (If you are a tobacco user, please see below for additional information on the deadline for completion of the tobacco cessation program.)

**Biometric  
Screening**

**HealthAdvocate™**

### 1. Schedule your Biometric Screening

- Call **1-800-970-1263** between 9:00 AM-6:00 PM, M-F

**OR**

- Go to <https://booknow.appointment-plus.com/6sxdc28m/>
  - Create an Account
  - Select a Site
  - Select "Health Screening" under Select a Service
  - Click on a calendar date that is not greyed out
  - Select an appointment time

### 2. The day before your Biometric Screening

- Fast for **8 hours** prior to your screening (*only water is permitted*)

### 3. Biometric Screening

- Screenings will be administered by licensed health professionals of HealthAdvocate
- Screenings include a full lipid panel (*total cholesterol, HDL, cholesterol ratio, LDL, triglycerides & glucose*), blood pressure, and body composition
- Screenings are done via finger stick with results received in minutes
- All information is confidential

**Tobacco  
Affidavit**

**HealthAdvocate™**

### 1. Sign a Tobacco Affidavit at the Biometric Screening

- Sign that you are **NOT** a tobacco user

**OR**

- Sign that you are a tobacco user and agree to register for an online Tobacco Cessation Program

### Tobacco Users:

#### 1. Log In to HealthAdvocate

- Go to [www.healthadvocate.com/wellness](http://www.healthadvocate.com/wellness)
- Enter your email address and password

**OR**

- If you are a first time visitor, click the register button. Company password is *apswellness*. Complete the registration process and log in with your email address and password.

#### 2. Take the Online Tobacco Cessation Program

- Click on Tobacco Cessation link to begin the 12 week program
- You must register for the online program within 2 weeks of the date of your biometric screening.
- Complete the Tobacco Cessation Program within 12 weeks from the date you register for that program.
- Once our wellness vendor, Health Advocate, confirms that the program has been completed, you will see the wellness incentive discount applied to your medical premiums on the first paycheck in 2015 (or on the first paycheck of February if you complete the on-line course in January and have met all deadlines).

*Albuquerque Public Schools will only be provided with confirmation of completion of the biometric screening and tobacco affidavit/tobacco cessation program. All steps have to be completed to receive the savings on your health plan premiums. The results of your screening will not impact your insurance rates. All results are kept strictly confidential, are not shared with Albuquerque Public Schools, and will not have a negative effect on your medical coverage or costs.*

For more information about Albuquerque Public Schools screening events, please visit <http://www.aps.edu/staff/employee-wellness>, contact [employee.wellness@aps.edu](mailto:employee.wellness@aps.edu) or call **505-889-4896**.

# Dates for Biometric Screenings

**Appointments are Required!**

## **Bruce and Alice King Educational Complex**

6400 Uptown Blvd NE 87110

### **Daily appointments are available during July**

Monday, Tuesday, Wednesday July 1 <sup>st</sup> – 3 <sup>rd</sup>	6:00 a.m. – 11:00 a.m.
Monday – Saturday the week of July 7 <sup>th</sup>	6:00 a.m. – 11:00 a.m.
Monday – Saturday the week of July 14 <sup>th</sup>	6:00 a.m. – 11:00 a.m.
Monday – Saturday the week of July 21 <sup>th</sup>	6:00 a.m. – 11:00 a.m.
Monday – Saturday the week of July 28 <sup>th</sup>	6:00 a.m. – 11:00 a.m.

### **Appointments in August**

Saturday, August 2, 2014	6:00 a.m. – 11:00 a.m.
Saturday, August 9, 2014	6:00 a.m. – 11:00 a.m.
Saturday, August 16, 2014	6:00 a.m. – 11:00 a.m.
Saturday, August 23, 2014	6:00 a.m. – 11:00 a.m.
Monday – Friday the week of August 25 <sup>th</sup>	6:00 a.m. – 11:00 a.m.

### **Appointments in September**

Saturday, September 6, 2014	6:00 a.m. – 11:00 a.m.
Saturday, September 13, 2014	6:00 a.m. – 11:00 a.m.
Saturday, September 20, 2014	6:00 a.m. – 11:00 a.m.
Saturday, September 27, 2014	6:00 a.m. – 11:00 a.m.

## **Maintenance & Operations/Lincoln Complex**

915 Locust SE 87106

Monday – Friday the week of August 18 <sup>th</sup>	6:00 a.m. – 11:00 a.m.
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## **Various School Sites**

### **Appointments in September**

In September biometric screenings will be done at school sites. The schedule for these appointments is posted at: <http://www.aps.edu/human-resources/benefits/>