

Health & Wellness Evaluation Form FAQs

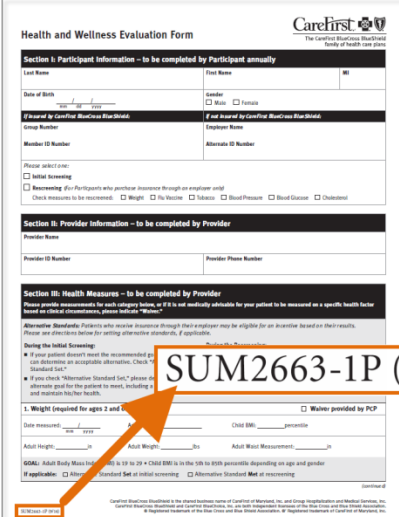
Use the Frequently Asked Questions (FAQs) below to assist you with questions about the [Health & Wellness Evaluation Form](#) for the Blue Rewards incentive program.

Before completing the form, check to make sure the item number SUM2663-1P is listed in the bottom left corner of the form and that the HealthyBlue logo is not at the top of the form.

Q: What health factors are included on the Health & Wellness Evaluation form?

A: The form includes the following risk factors:

- Weight/Body Mass Index (BMI) - required for ages 2+
- Flu Vaccine - required for ages 2+
- Tobacco Use - required for ages 18+
- Blood Pressure - required for ages 18+
- Blood Glucose - required for ages 18+
- Cholesterol - not required, but recommended for ages 18+



Q: What is a waiver and how does it work?

A: As a PCP, if you feel that it is not medically advisable for your patient to be measured on a specific health factor based on clinical circumstances, check the “Waiver provided by PCP” on the appropriate section of the form.

Example: You have a patient with egg allergies. Since some flu vaccines contain egg proteins, you advise them not to receive the flu shot. Check off the “Waiver provided by PCP” box within the Flu Vaccine section.

Q: What is an alternative standard and how does it work?

A: As a PCP, if you have a patient who does not meet the recommended goal during the initial screening, you can set an acceptable standard for your patient to meet at the rescreening. Check the “Alternative Standard Set at initial screening” box in the appropriate section of the form and discuss a plan to meet the alternative standard goal with your patient.

If your patient meets the alternative standard goal at the time of the rescreening, check the “Alternative Standard Met at rescreening” box in the appropriate section of the form.

Example: You have a patient with a BMI of 40 at the time of their initial screening. If it is not advisable for your patient to reach a BMI of 19-29 during the rescreening period, set an acceptable goal for them and check the “Alternative Standard Set” box. When your patient returns for a rescreening, check the “Alternative Standard Met” box if they have reached the target BMI you discussed.

Q: Who submits the Health & Wellness Evaluation form?

A: Your patients should submit the form to CareFirst through *My Account* at www.carefirst.com/myaccount within 120 days of their effective date.

HAWEF FAQs (12/14)