

What Do I Do After My Health Screening?

For confidentiality and privacy reasons, your forms and screening results will be sent to Healics for processing to develop your customized health report. You will receive this report in the mail in about two to three weeks.

If you did not meet the Fund's acceptable biometric ranges, you will require health coaching. After you receive your health report, the following will occur:

- You should receive a call from a CMS Health Coach within one month after receiving your health report. CMS will make three attempts to contact you. Ultimately, it is your responsibility to follow up when coaching is required.
- Penalties in the form of additional self-payments will apply, effective January 1, 2020, for the full 2020 calendar year, if you and your spouse do not participate and complete your coaching sessions.
- Your Healics Risk Level/Score is presented here with corresponding coaching sessions. Your individualized scorecard is based on national standards. We encourage you to speak with your Health Coach and decide how you would like to plan your health goals.

Risk Level/Score	Coaching Sessions	Total Sessions
Minimal (86-100)	Report Consultation	1
Moderate (71-85)	Report Consultation +1	2
Medium (61-70)	Report Consultation +2	3
High (51-60)	Report Consultation +3	4
Extreme (50 or less)	Report Consultation +3	4

***Health coaching is available to all risk levels; maximum limit of eight sessions.**

You should expect to receive a call from a CMS Health Coach within one month of receiving your health report. **If you have significant concerns regarding your health, or one month has passed and you have not heard from a Health Coach, please contact CMS at 262-563-6460.**

Remember that health and wellness changes are behaviors that occur over time. To achieve the best overall results, take advantage of your health coaching. Not rushing through health and wellness has been shown to be a good recipe for success!

