

## Know Your Numbers: Biometric Screening (BioIQ)

Earn up to 4000 points in Jiff when you complete the screening.

A promotional graphic with an orange background. At the top, the text "Your numbers and you" is in white, and "Now powered by bioIQ" is in black. Below this, on the left, is the bioIQ logo (a white square with "bioIQ" in blue) and the text "Earn up to 4000 points by completing your biometric screening in the Jiff app." in white. On the right, there are two white stick figures, a woman and a man, walking. At the bottom left is the Piedmont Healthcare logo (a white square with a stylized 'P' and the text "Piedmont HEALTHCARE"). At the bottom center is the Jiff POWERED logo (the word "Jiff" in black and "POWERED" in smaller black letters).

When you visit your primary care physician for your annual physical (a free preventive care visit), complete a biometric screening to learn your critical health numbers like your blood pressure, BMI (Body Mass Index) and cholesterols and earn \$400 in HIA credit at the same time. Your numbers stay confidential, and are an important part of your health story. Knowing your numbers helps you and your doctor identify if you're at risk for certain diseases, and over time can help you make progress towards health goals.

### Who

MyHealth360 medical plan members and their covered spouses or domestic partners

### What

Complete a biometric screening during your annual physical visit (because this visit is free).

**Note:** If you completed a biometric screening on or after Oct. 1, 2016, contact your physician's office to have them fill out the BioIQ form, which can be faxed to BioIQ to receive your HIA credits now. Be aware that some physician's offices charge administrative fees, so call ahead to inquire.

### **How: Get your unique BioIQ form**

Log into the [Jiff](#) wellness app. Enroll in BioIQ (More > Program Catalog > BioIQ > Enroll). On your Jiff dashboard, tap BioIQ > Select a screening option > Make Selection. You'll be connected to the BioIQ website where you can get your unique form to print and bring to your physician.

Your physician will complete the form and fax it to BioIQ.

**Note:** Do not share your form with anyone or make copies! Each form is unique to the plan member.

### **Cost**

If you complete your biometric screening during your annual physical, you will not pay anything out of pocket. This is because annual physicals are considered preventative care and do not include co-pay.

If you visit your doctor just to complete a biometric screening, this abbreviated visit may be coded as your free annual physical, and a subsequent physical will not be covered by insurance this year.

If you ask your physician's office to fill out a form based on numbers from a previous visit, you may incur an administrative fee.

### **Earn**

After your completed biometric screening form is faxed to BioIQ and processed, you will earn 4000 points in Jiff – which convert to \$400 in HIA credit. **Why such a big reward?!** Because knowing your numbers is important to your health! Plus, we understand that this new process may incur additional fees in some cases. To get the most benefit, make sure to bring this form to your regularly scheduled annual physical.

**Note:** to receive your rewards for this year, please ensure that your biometric screening form is submitted to BioIQ by **Nov. 30, 2017**.

**Need a primary care physician? [Find a doc today >](#)**