

Health Check Survey:

Frequently asked questions for employees

What is a Health Check Survey?

A Health Check survey is a health and lifestyle evaluation tool. It provides your potential risk for developing certain health conditions and recommendations for improving your health. This process may include one or both of the following:

1. Completing an online questionnaire about health history and factors such as stress, physical activity, nutrition, and safety practices
2. Participating in an on-site biometric screening that includes:
 - Finger stick blood test that measures total cholesterol, HDL (good) and LDL (bad) cholesterol, triglycerides, and glucose
 - Body Mass Index (BMI) and waist circumference
 - Blood pressure check

Is the Health Check Survey confidential?

All information collected for the Health Check Survey is confidential and follows the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and other federal and state guidelines. Information is shared in accordance with HIPAA and other state and federal guidelines.

Why should I participate?

A Health Check Survey is a great tool for improving health awareness. You can track your results and health changes over time through ongoing health check surveys. By partnering with your health care practitioner, you can be more prepared to prevent or treat certain chronic conditions and diseases. By taking responsibility for your health now and prioritizing prevention, you can live a healthier and happier life.

What is the Health Check Survey data used for?

Our Clinical Programs staff use the health check survey data to contact you individually if you have certain risk factors.

If your group meets participation requirements to receive aggregate data, the health check data is also used to compile a confidential summarized group report to help your company track the health trends of the participant population. This report does not identify individual participants. Your company can use the information to provide health topics and plan for future educational and wellness programming that may be of interest to your company.

What if I have recently had blood work done by my primary care physician?

If you recently had blood work done that includes fasting total cholesterol, HDL (good) and LDL (bad) cholesterol, triglycerides, and glucose, you have the option of using this information instead of having the finger stick test done at the biometric screening. Have your physician complete the Biometric Exception Form or provide a copy of your test results, including your name and date of service, with this form.

If I am pregnant, can I still participate in the Health Check Survey?

If you are pregnant, complete the online health checky survey and the required information on the Biometric Exception Form. Completing the Biometric Exception Form will allow you to skip participating in the on-site biometric screening.

Will the Health Check Survey impact my health insurance rates or coverage?

Quartz does not use the health status from an individual's health check survey report to determine your rates or coverage. Some employers offer premium discounts and/or other incentives for participating.

How long will it take to complete the Health Check Survey & biometric screening?

The approximate time to complete the questionnaire is 15 minutes. The biometric screening process will take approximately 15 minutes.

Who is the vendor for the Health Check Survey?

We have an agreement with Virgin Pulse for the health check survey and with IntegratedHealth21 for the biometric screenings.