

Contents

1. [When and where will Be Colorado Biometric Screenings take place?](#)
2. [What if the schedule for on-site screenings won't work for me?](#)
3. [Who is eligible to participate?](#)
4. [Do I qualify as new employee or a new CU Health Plan member?](#)
5. [What is included in the Biometric Screening and how much does it cost?](#)
6. [Will additional health tests be offered?](#)
7. [What forms of payment will be accepted for the additional testing?](#)
8. [How long should I expect the screening to take?](#)
9. [What do I need to bring to my appointment?](#)
10. [How do I prepare for my Biometric Screening?](#)
11. [What should I wear for my Biometric Screening?](#)
12. [How will I receive my Biometric Screening results?](#)
13. [What is My Health Connection?](#)
14. [What is Epic?](#)
15. [What is CORHIO?](#)
16. [What is the purpose of My Health Connection, Epic and CORHIO?](#)
17. [Who will have access to my Biometric Screening results?](#)
18. [How do I cancel or reschedule my screening?](#)
19. [How will I know if my scheduled screening is canceled due to inclement weather?](#)
20. [Why aren't the screenings at other locations?](#)
21. [What browser and version should I use when I register for an appointment?](#)

1. When and where will Be Colorado Biometric Screenings take place?

Biometric Screenings will take place at various locations at or near your worksite, mostly during work hours. Screenings will be held February through April, however, dates will vary by employer.

2. What if the schedule for on-site screenings won't work for me?

As part of your healthcare benefit, CU Health Plan members are eligible for a yearly well-check with their primary care provider (PCP) free of charge.

*UCHealth employees: If you choose to complete a screening with your PCP, please [complete the physician submission](#) form in its entirety and fax to 303-308-6985 by the date indicated on the form. All UCHealth employees may also visit their local employee health office to complete a screening.

3. Who is eligible to participate?

Primary CU Health Plan members (CU, UCHealth and CU Medicine employees) and their covered spouses are eligible. Covered children are not eligible to participate. Spouses must use a unique email address when registering.

4. Do I qualify as new employee or a new CU Health Plan member?

If you were recently hired or just enrolled in a medical plan you may not be immediately eligible to schedule a screening. Check with your benefits or HR department regarding your status.

5. What is included in the Biometric Screening and how much does it cost?

There is no cost to participate in the screenings. It will consist of a lipid profile with glucose (total cholesterol, HDL, LDL, triglycerides and blood glucose), blood pressure and measurement of height, weight and waist circumference. These are basic health screening tests that can help you and your healthcare provider assess your potential risk for coronary artery disease, diabetes and other health conditions.

6. Will additional health tests be offered?

Yes. In addition to what's already included, a range of optional blood tests will be offered at discounted rates. Your blood will only be drawn once if you elect to have these additional tests completed at the health screening site. Many physicians typically will not perform these additional tests unless you're experiencing specific symptoms, but they're being made available to you to purchase. They will help provide additional information about your health status.

[View the descriptions of optional testing offered and pricing.](#)

7. What forms of payment will be accepted for the additional testing?

Only major credit cards, cash or personal checks will be accepted at the screening site. All additional tests offered should qualify as allowable expenses for Health Savings Accounts (HSA) and Flex Spending Accounts (FSA). Contact your tax advisor for more information.

8. How long should I expect the screening to take?

After you check in, the screening should take approximately 15 minutes. It may take slightly longer if you opt to purchase the additional health tests. Please make arrangements to arrive on time for your appointment.

9. What do I need to bring to my appointment?

You will need your CU Health Plan ID card.

10. How do I prepare for my Biometric Screening?

Fasting prior to your blood test is preferred, since food intake can impact some test results (e.g., blood glucose and triglycerides), but it is completely optional. If you choose to fast, do so for 10-12 hours prior to your appointment. You should, however, drink plenty of water to stay hydrated and take any necessary medications as directed by your physician(s). Please consult your healthcare provider for instructions if you have any medical conditions that would prevent you from fasting.

11. What should I wear for my Biometric Screening?

You should wear a loose fitting shirt that allows you to roll up your sleeve for a blood draw and blood pressure check.

12. How will I receive my Biometric Screening results?

You may see your screening results as soon as they become available directly from the My Health Connection portal if you have a My Health Connection account or chose to [make your lab work available through My Health Connection](#) at the onsite screening registration. If you opt out of making your results available through My Health Connection, your results will be mailed to the address on file with your employer within 2-4 weeks.

13. What is My Health Connection?

My Health Connection is UHealth's patient portal that gives you direct online access to portions of your electronic medical record (EMR) where your doctor stores your health information. Your lab results, appointment information, medications, immunizations, and more are all securely stored for quick retrieval. My Health Connection shows you that same information – so you see what your doctor sees! My Health Connection also provides new, convenient methods of communication with your doctor's office. Send messages and request appointments – all online. Your UHealth doctor's office can tell you more about My Health Connection. However, you may still use this portal to view your results if you are not a UHealth patient.

14. What is Epic?

EPIC is the electronic health record system used through UHealth to access, organize and store patient medical records.

15. What is CORHIO?

CORHIO is the Colorado health information exchange. CORHIO provides a method to make patient health information available electronically for doctors, hospitals and other providers when it's needed for patient care.

16. What is the purpose of My Health Connection, Epic and CORHIO?

To improve healthcare through the use of technology. My Health Connection and Epic are tools utilized by CU Medicine and UHealth Medical Group. All Colorado providers have access to CORHIO. These organizations aim to improve the quality of services for patients at the patient-provider level by making vital patient information accessible to providers, especially in the case of emergency room care.

17. Who will have access to my Biometric Screening results?

Your screening results are released only to you and the CU Health Plan. Your employer will not see any of your private health information except in an aggregate form, as it would be a violation of the federal Health Insurance Portability and Accountability Act (HIPAA) law. Only third-party vendors who have signed legally binding business associate agreements and agreed to HIPAA guidelines will be allowed to collect the information. If you choose to send your results to Epic/CORHIO, your test results will be loaded into Epic and CORHIO. Then if you choose to create a My Health Connection electronic medical record system your results will be available online to you and your UHealth healthcare providers.

18. How do I cancel or reschedule my screening?

Go to the registration link on the Be Colorado website to change the date to another available time or date. You may also do so by following the instructions on the confirmation email that you received after making your appointment. We do ask, however, that you try to reschedule or cancel your appointment in advance of your scheduled time.

19. How will I know if my scheduled screening is canceled due to inclement weather?

Please check this web page on your scheduled screening date for updates on weather cancellations and delays or screening rescheduling. You may also visit the cancellations page on www.9News.com for any weather-related notices.

20. Why aren't the screenings at other locations?

We apologize for any inconvenience this may cause, but locations are chosen to maximize participation.

21. What browser and version should I use when I register for an appointment?

The screening registration system works with Chrome, Internet Explorer (8.0 and above), Firefox and Safari. We encourage you to use the latest, most updated version of your browser to enhance your appointment experience.

Still have questions? Don't hesitate to contact us at questions@becolorado.org