

## 2021 Northern Light Health Benefit Year Biometric Program Details

### **ACTION ITEM to receive the \$50 cash biometric screening reward.**

Beacon Health, as part of the administrative services it provides to the Northern Light Employee Health Plan, will send out your specific requirements. Employees will receive their communication via email and spouses will receive their action steps by mail to their home address. Participants will get one of the following notifications:

- 1.) “You’re Golden”** - All of your biometric measures are accounted for. This email means that no further action is necessary to receive the biometric screening reward. Save this email as confirmation of your biometric requirement completion.
- 2.) Virtual Biometric Screening**— Some, if not all of your biometric measures were unavailable so you will need to attend a virtual phone screening. A telephonic screening will consist of a 10-minute coaching conversation with one of our certified health coaches. To register for your appointment, a calendar of the available telephonic screening times can be found at [here](#). Simply click on the link and choose the date and time that works for you. If your primary care provider (PCP) has already taken these measures in 2021, you can bypass the screening by downloading the Biometric Provider Form located at [beaconhealth.me](https://beaconhealth.me) and have your provider fill it out. Spouses/employees can then fax the form to Beacon Health at (207) 973-7165 **or employees can upload into the Wellness Platform at <https://beaconhealthwellness.org/> before November 10, 2021.**

### **Your private health information and your privacy**

Beacon Health is the Northern Light member organization specializing in population health management. In this role, as part of the administrative services it provides to the Northern Light Employee Health Plan, Beacon Health oversees the biometric screening program for employees/spouses who are enrolled in the Northern Light Employee Health Plan. If employees/spouses have already had their blood glucose, cholesterol, blood pressure and body mass index (BMI; a height-to-weight calculation) measured by a Northern Light Health primary care or specialty provider’s office between January 1 and August 31, 2021, Northern Light Clinical IS (as a business associate of the Employee Health Plan) will have made every effort to have this information collected through the electronic medical record (EMR) by using an automated and confidential data filtering system in accordance with the Northern Light Employee Medical Plan’s Notice of Privacy Practices, located on the Northern Light Benefits portal, and will provide this information to Beacon Health. The information Beacon Health received for you from Northern Light determined what actions you are required to take to receive the biometric screening reward outlined in the checklist above.

Your private health information will only be used in accordance with Northern Light Employee Medical Plan's Notice of Privacy Practices. Beacon Health will provide aggregate (not specific to the individual but reflective of the group) biometric data to Northern Light Total Health so that this information can be used to build a picture of the relative health of Northern Light employees and point to the particular kinds of wellness initiatives that would be useful.

### **Contesting your reward status/payment**

Every effort will be made to place biometric cash payments in paychecks in December. If you believe you qualified to receive a biometric reward but do not receive the payment, **you have until 12/31/2021 to contest your reward status.** You will need documentation and/or your saved receipts in order to do this.

### **Who to contact for assistance?**

Email Beacon Health at [beaconwellness@northernlight.org](mailto:beaconwellness@northernlight.org).

- If you have questions about the program. Please note: All information and communication about the 2021 Northern Light Health Biometric Screening Program can be found on the **Wellness** portion of [beaconhealth.me](http://beaconhealth.me).
- If you believe the cash reward amount in your paycheck isn't correct, please reach out to the HR Service Center at (207)-973-4000. They will first confirm the reward amount in your paycheck. You will then be directed to Beacon Health at [beaconwellness@northernlight.org](mailto:beaconwellness@northernlight.org) where you will provide your necessary documentation (letter) to confirm the accurate reward amount.