

ICUBA's Biometric "Physician Results Form" Process

Your biometric wellness screening can now be completed in line with your annual Primary Care Physician visit! **Florida Tech**, ICUBA and BCBS of Florida have teamed up with Quest Diagnostics to offer you a way to confidentially complete your biometric screening so you can begin your quest for better health and improved overall wellbeing.

Employees and spouses covered by the ICUBA medical plan are eligible to participate and can earn Rally incentives for this biometric screening (\$40) and your annual exam (\$60). Credit for the biometric incentive will only be earned through successful completion and submission of the required Physician Results Form (PRF). Participants will first need to log in and download the form through the Quest website at My.QuestForHealth.com. This form is generated with a unique barcode and is personalized to each individual; the form cannot be shared. Biometric data will be accepted starting with exams from 4/1/2021 and ending by 3/31/2022. All forms must be received by Quest by 3/31/2022 to count for this plan year.

For the most effective use of your time, members should download the form and take it with them to their annual physical, and/or proactively request the annual blood work including triglycerides, cholesterol (HDL & LDL), glucose and A1c in preparation for their appointment. Fasting is required for this screening.

To begin the process, please follow the instructions below to register and download the required form to be completed and signed by both the ICUBA member and your physician.

Steps for completing the biometrics screening using a Physician Fax Results Form (PRF)

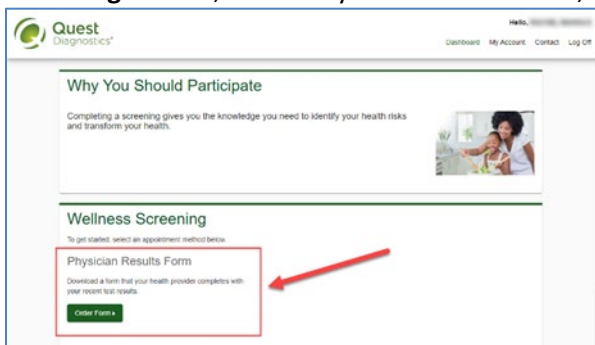
1. Registration:

To register for your biometrics, please visit: <https://My.QuestForHealth.com>.

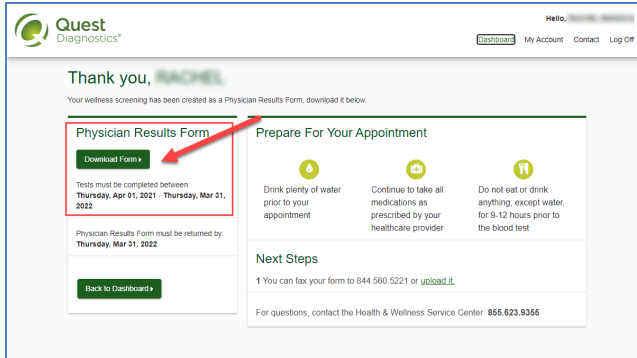
- If you have completed biometrics with ICUBA in the past, simply enter your username and password and select the green **Log In** button. You can use the *Forgot your username or password*, if necessary.
- If this is your first time visiting the Quest portal, you'll need to establish an account. Simply **Create Account** by entering the Registration Key: **ICUBA**, then select the **Register Now** button. (Unique ID: **BCBS Member ID**)

2. Selection:

After logging in or registering, you will be taken to the dashboard page. In the **Wellness Screening** section, under Physician Results Form, select **Order Form**.



Next, you'll be taken to a screen to download your form. On the left side under Physician Results Form, select **Download Form**. Once downloaded, please confirm the personal information on page two is correct.



3. Submission of Form (after completion of your blood work and visit with your doctor):

After you and your doctor complete and sign the form, there are two options for submitting the form:

- Your physician may fax the completed form to the fax number indicated on the form, or
- You may submit your completed form electronically using the Upload Form button on the dashboard or fax yourself at 844-560-5221.

What you will earn:

Employees and spouses covered by the ICUBA medical plan may earn **\$40** for participating in this Biometric Screening! These ICUBA Dollars may be redeemed within Rally on a variety of electronic gift cards. Please allow 4 to 6 weeks after submission of the form to process your results in Rally.

Remember: Confidentiality is assured! All information obtained as a result of your screening experience is Protected Health Information (PHI) and is secured in accordance with the federal Health Insurance Portability and Accountability Act (HIPAA). ICUBA and your employer will not have access to your individual results.

If you have questions on ICUBA's Wellbeing program, please do not hesitate to ask. Thank you for your participation!