



Snake River School District #52
Employee Action Checklist for Healthy Measures
For Employees Enrolled in Snake River School District Medical Benefits

These action steps must be completed by December 31, 2013.

- Make an appointment with your doctor for a health assessment**
 - Tell your doctor's office you will need lab work for your cholesterol and blood sugar
 - Mention your preventive care benefit, which may cover up to 100% of the cost of your appointment if it qualifies as a covered wellness service
- At your appointment, complete the Health Qualification Form with your doctor**
 - The form is provided in this packet of information and can also be printed by going to the Blue Cross of Idaho website, bcidaho.com, and logging in as a member
 - Be sure all of the required fields are complete, including signatures by both you and your doctor on the back of the form
- Send the completed Health Qualification Form to Blue Cross of Idaho between September 1 and December 31, 2013**
 - Submission instructions are on the back of the form
 - Your doctor's office may offer to send your form on your behalf, but we recommend you submit the form yourself to ensure it is done in a timely manner
- Keep a copy of your completed Health Qualification Form for your records**
- Complete the Personal Health Assessment (PHA) online at bcidaho.com. You must register and log in as a member to access the PHA.**

What Comes Next?

After you submit your completed HQF and take the PHA, Blue Cross of Idaho will send you a letter confirming your qualification status. If your HQF is incomplete, Blue Cross of Idaho will notify you and tell you what missing information needs to be submitted.

Employees who qualify will have on the \$2,000 deductible. Employees who do not qualify will have a \$4,000 deductible, but may buy down to the \$2,000 deductible.

Questions?

For more information or if you have questions about the program or your qualification status, please contact the Blue Cross of Idaho Customer Service Department at 800-627-1188.