



## Wellness Evaluation FAQ

1. When will my lab screening results be available to view on the Patient Portal?
  - a. Your lab results should be visible on the Patient Portal within 5-7 days.
2. Will I receive a letter about my lab results?
  - a. No, since you will be able to view your lab results on the Patient Portal letters will not be sent this year.
3. Will someone contact me about my lab results?
  - a. Someone will contact you regarding any **critical** lab results. Otherwise, you will be able to view your results on the Patient Portal and they will be discussed in detail at your health coaching visit.
4. When should I sign up for my health coaching visit?
  - a. We recommend you sign up for your coaching visit as you check out from your wellness screening appointment. If this is not a convenient time, you can also schedule your coaching visit anytime on the Patient Portal or you can call the Health Center at 913-825-8548 and the staff can assist you with scheduling your appointment.
5. How many coaching visits do employees need to complete?
  - a. **Employees and spouses** are required to complete **at least 1** coaching visit in order to get the premium reduction on your health insurance for the following year.
6. When will my points for the wellness evaluation be awarded?
  - a. **Wellness Screening Points:** The points for completing your wellness screening are awarded between 3-5 days following your screening.
  - b. **Health Coaching Points:** The points for completing your health coaching visit will be awarded 3-5 days following your coaching appointment.
  - c. **Wellness Results: IF** your biometric and lab results are within range, the points will be awarded approximately one week after your wellness screening appointment.

Health Outcome	Goal
Blood pressure	< 120/80
Waist circumference	Males ≤ 40 Females ≤ 35
LDL Cholesterol	< 130
Triglycerides	< 150
Fasting blood glucose	< 100

7. Who should I talk to if I have questions about my Wellness points?
  - a. Feel free to contact Evan Daniels, Wellness Coordinator, at [edaniels@lenexa.com](mailto:edaniels@lenexa.com) or 913-477-7548 with questions about the wellness program.
  - b. Lenexa also has a Consumer Support service that is available 24/7 to answer any Wellness questions. The Consumer Support number is 1-888-252-8150 and is toll-free.