Preventative Health Screening Frequently Asked Questions:

1) Why does Nebo School District care if I get my preventative health screenings?
Nebo School District values the life and contribution of all employees. With regular medical preventative care, major health problems can be detected earlier and treated. Lives can be saved!!

2) How does the preventative health screening work?
Take a printed form to your registered health professional, on a scheduled physical examine. If you have not had a blood panel taken in the past 5 years, you should schedule that when making the appointment. After completing all four requirements and obtaining signatures or office stamp, return the form to John Allan at the District Office.

3) How is the preventative health screening going to help me have good health?
During preventative health screenings you establish a relationship with your health professional. The professional will come to understand your current health status or “baseline”. Then if a dangerous health condition shows, the professional can more easily identify the change. The professional will then recommend a plan of action to help you eliminate or minimize the risk condition. Hopefully, appropriate lifestyle changes will be discussed. There will be little benefit of the health screening if the patient is not willing to follow the recommended changes to address risk factors.

4) Who is going to pay for my doctor visit?
If you are on Nebo Insurance and on the standard health plan and you are going in for a routine office visit, the carriers will pay 100% after your deductible is met and regular co-pay and for a routine office visit. On the HDHP/HSA plan, PEPH will pay 100%. Be sure to mention to your health care provider that you desire “preventive care!!!” If the doctor diagnoses a problem, you might want to reschedule an appointment and return later to treat the diagnosis. If the health care provider has to treat a diagnosis, then the visit will not be billed as “preventive.” If you are not on Nebo health insurance, consult your health insurance benefits plan.

5) I had a physical examination six months ago, could that count?
Yes, (unless the doctor saw a risk factor that requires more frequent visits). The important thing is that you are “current” with cancer screenings, physical examinations and blood panel

6) What is in it for me if I get my preventative screenings?
The most important benefit to get your preventative screenings is improved health. You or your family does not want you to have a major chronic disease to go undetected or untreated. Nebo School District will give EVERY participant a $35 “thank you” gift card from Provo Town Centre Mall. After you hand in your form, we will issue the gift cards monthly.

7) Who are eligible for the preventative screening “thank you gift card”?
Every employee is eligible who is over 18 and works at least three hours a day or Employee and spouse covered under district health plan. Just to clarify, employees who are not on full insurance ARE eligible for the card, as long as they are over 18 and work at least three hours a day.

8) Who are not eligible for the preventative screening “thank you gift card”?
The people that are not eligible for the gift cards are student employees, substitutes, any that do not work at least 3 hours a day and spouses of employees that are NOT on district insurance.

9) What does it mean “based on age, gender and risk factors”?
On purpose, the requirements were written to rely on the judgment of your personal health professional. Risk factors such as age, gender, family history or current health conditions, may dictate different time intervals between screenings. For someone who is young and healthy, the time period between physical examinations could be up to three years. Those with risk conditions will likely need to visit more frequently, based on the best judgment of the professional.

10) I have poor health, does that mean I can’t do the preventative health screening and receive a gift card?
The screening has nothing to do with current health status. If you complete your screenings, regardless of what they find, you can qualify for the prizes. The form does not collect any data on health conditions, only compliance with the requirements.

11) Will I be penalized if I refuse to do my screenings?
There is no penalty for not doing the screenings. It is strictly voluntary. Remember, screenings are to help us live longer and enjoy a higher quality of life. Nebo School District wants to educate its employees that being current with health screenings are one of the “no brainer” steps to good health.

12) I completed a preventative health screening in the 2009-10 school year and got a gift card, can I receive another one this year?
Yes, gift cards will be rewarded to those who repeat their preventative screenings. The form needs to be completed by the health professional and handed into the Wellness Office.

13) Last year, the doctor told me I did not have to come back for two years or three years, do I get a gift card this year?
If you have the doctor complete an additional Preventative Screening Form and hand it in the 2010-11 school year, you can get a thank-you gift card. Completing a physical is not necessary if the doctor does not prescribe it to be compliant.

14) What are the tax liabilities with being given a gift card?
The IRS considers gift cards given by employers to be the same as earned wages. As a result, you will see a $35 credit on your paystub and then you will also see a $35 deduction on your paystub. The net result will be zero, but you will have some additional tax obligations.