

Learn how to upload your Preventive and Biometric Screening Form

Knowing your numbers is the first step to addressing any health risks you might have. This year, you can earn \$50 for each preventive health screening you complete – up to a maximum of four screenings per year.

well-being

The preventive exam list includes biometric screenings, which measure your blood sugar, blood pressure, cholesterol levels and BMI. The list also includes the following exams:

On Your Desktop Computer:

- Scan your completed form and save it to your personal desktop for easy retrieval
- Log in to the wellness website at home.catholichealth.net/wellbeing/prevention (use your regular username and password to sign on)
- From the wellness website, go to the 2018 program page and select “Preventive Health Screenings”
- Next click on the exam you are submitting for
- Enter the date of the exam and the physicians name
- Under “Upload Your Completed Form”, click on “Choose a File” and select the file or photo of your completed form, then click “Submit”

- Pap/HPV Test
- Mammogram
- Colorectal Cancer Exam
- PSA Test
- Skin Exam
- CT Lung Scan
- Biometric Screening
- Primary Care/Annual Wellness Visit
- Vision Exam
- Dental Exam

Questions or need assistance? Contact Member Services at 888-321-4326



On Your Smartphone:

- Use your camera to take a photo of your completed Preventive Health Screening form
- Log in to the Wellness Website at home.catholichealth.net/wellbeing/prevention (use your regular username and password to sign on)
- From the wellness website, go to the 2018 program page and select “Preventive Health Screenings”
- Next click on the exam you are submitting for
- Enter the date of the exam and the physicians name
- Under “Upload Your Completed Form”, click on “Choose a File” and select the file or photo of your completed form, then click “Submit”

 **Catholic Health Initiatives**

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