

Ready. Set. **Screen!**

The 2024 Biometric Screening Season is Here!

Roseburg wants you to be your happiest and healthiest self. Our wellness program, in partnership with BravoWell, is designed to help you maintain, or even improve, your overall health and well-being.

Participation in the wellness program is voluntary, but by taking part, you will have the opportunity to earn significant rewards while making strides towards a healthier you.

We have three ways to complete your biometric screening this year! Each option allows you the opportunity to submit your results to Bravo for a chance to earn a wellness credit towards your 2025 medical premiums.

Click any of the screening methods below to skip ahead in the packet and learn more about each:

1. Attend an [on-site screening](#)
2. Screen with [LabCorp](#)
3. NEW: Screen with your [Primary Care Provider](#)

Click on the any of the bullet points in the Appendix below to skip ahead to learn more about each:

- [2024 Program Overview](#)
- [2024 Bravo Portal Guide](#)
- [LabCorp Portal Instructions](#)
- [Primary Care Provider FAQs](#)
- [Tips for a smooth screening](#)



Scan the QR code to get started! Or visit
my.bravowell.com/roseburg

Questions? Call 844-925-2782 or send us a message on the portal.

On-Site Screenings

Each summer a number of plants and offices offer on-site biometric screenings. The results from the screenings will be submitted to Bravo to earn wellness credits towards your 2025 medical premiums.

How to schedule an on-site screening appointment

Log into your [Bravo Portal](#) and select the location you'd like to attend.

1. Schedule the date and time that works for you.
2. All forms will be completed on-site and sent to Bravo.
 - It will take approximately 14 business days for your results to be loaded to the Bravo portal.
3. Don't forget to complete your health assessment survey while on the portal to earn \$8.24 per paycheck.

Location	Date(s)	Times (local time zone)
Springfield	Aug. 5 Aug. 6	6 – 10 a.m. 6 – 10 a.m.
Coquille	Aug. 16	7 – 11 a.m.
WRO & Dillard MDF (both locations at WRO)	Aug. 20 Aug. 21 Aug. 22	6 – 10 a.m. 6 – 10 a.m. 6 – 10 a.m.
Riddle (both locations at REW)	Aug. 23	7 – 11 a.m.
RVL	Sept. 4 Sept. 5	6 – 10 a.m. 6 – 10 a.m.
Chester	Sept. 11 Sept. 12	6 – 10 a.m. 6 – 10 a.m.
Medford	Sept. 17 Sept. 18	5 – 10 a.m. 5 – 10 a.m.
El Dorado	Sept. 25 Sept. 26	4:30 – 10 a.m. 2 – 6 p.m.

Screen at a LabCorp

If attending an on-site screening or making an appointment with your Primary Care Provider isn't the right fit for you, you can visit a LabCorp Clinic for your biometric screening.

How to schedule an appointment with LabCorp

1. Log in to your [Bravo Portal](#).
 - For assistance navigating the Bravo Portal, see the [Bravo Portal Guide](#).
2. Go to the Health Screening Step and click *Download Voucher* to go to the LabCorp site.
3. The link on the LabCorp voucher will take you to the LabCorp site to find your nearest location and schedule a visit.
 - **Be sure to select a location that completes "employee wellness with body measurements" screenings.**

For further guidance, see the [LabCorp Portal Information](#).

Important to note

- LabCorp will automatically send your results to Bravo after your screening is completed.
- It will take approximately 14 business days for your labs to be loaded to the Bravo portal.
- You have until **November 30, 2024** to complete a screening at LabCorp.
- Don't forget to complete your health assessment survey while on Bravo's portal to earn \$8.24 per paycheck.

Screen with your Primary Care Provider

You may now submit the results from your annual preventative exam with your Primary Care Provider (PCP) to Bravo to earn wellness credits towards your 2025 medical premiums.

Scheduling with your PCP

Please complete the following steps:

1. Schedule an appointment with your PCP any time before **November 30, 2024**.
 - a. Your insurance with Regence BCBS covers one preventative care exam annually, at no cost to you.
 - b. Make sure the appointment includes a standard lipid panel blood test.
2. For the most accurate results, fasting 9 to 12 hours prior to your health screening is recommended.
3. Bring the Provider Form with you to your appointment.
 - a. The auto-populated provider form can be found on your [Bravo Portal](#).
 - b. Complete the Patient Information and Signature sections.
 - c. Have your provider complete their portion of the form.
 - i. Make sure they complete the tobacco attestation question.
 - d. Upload the form to the Bravo Portal before November 30, 2024.
 - i. Your provider can fax the form to Bravo on your behalf. As the participant, it is ultimately your responsibility to ensure the completed form is sent to Bravo on or before November 30, 2024.
 - ii. Bravo recommends that you submit your form personally and retain a copy and record of your submission.

For more information, please see the [2024 PCP FAQ page](#).

Don't forget to complete your online health assessment survey on Bravo's portal to earn \$8.24 per paycheck.



2024 Wellness Program Overview

By participating in Roseburg’s voluntary wellness program, team members and spouses enrolled in the medical plan can EACH save **up to \$51.24 biweekly** on their medical premium! (That’s extra money in your paychecks!)

How You Save

CRITERIA	GOALS	ALTERNATIVE WAYS TO MEET THE GOALS	SAVINGS
Online Health Assessment	Complete	N/A	\$8.24 Biweekly
Body Mass Index	28.5 or Less Or Waist: 35 or Less (Female), 38 or Less (Male)	Meet Improvement Goal	\$14 Biweekly
Blood Pressure	130/85 or Less	Meet Improvement Goal	\$5 Biweekly
LDL Cholesterol	130 or Less	Meet Improvement Goal	\$5 Biweekly
Glucose	100 or Less	Meet Improvement Goal	\$5 Biweekly
Tobacco/Nicotine	Negative	Complete Cleveland Clinic Tobacco Cessation	\$14 Biweekly

What’s an “improvement goal”?

If you don’t meet a goal but your biometric levels have improved since last year’s screening, you may automatically pass based on your improvement! You will also have the opportunity to meet a personal improvement goal after your screening. See the next page or call Bravo to determine your personal improvement goals.

Not sure if the program is right for you?

You may be able to earn the reward another way. Learn more about appeals and alternatives on the portal or by calling Bravo.

What if I’m a new employee?

If you were hired on or after 7/1/2024, you’ll wait until it’s time to participate in next year’s program. However, be sure to take advantage of the portal resources until you’re able to participate.

Dates to Keep in Mind

TASKS	STARTING	ENDING
Online Health Assessment	7/10/2024	11/30/2024
Choose a Screening Option:		
<ul style="list-style-type: none"> Screen On-Site 	Schedule ASAP! Visit the Bravo portal to see when screenings are available at your location.	
<ul style="list-style-type: none"> Screen With Your Doctor and Submit a Provider Screening Form 	7/10/2024	11/30/2024
<ul style="list-style-type: none"> Screen With LabCorp 	7/10/2024	11/30/2024
Register for Tobacco Cessation (If Needed)	7/10/2024	1/5/2025
Complete Tobacco Cessation (If Needed)	7/10/2024	3/31/2025
Complete an Appeal or Alternative (If Needed)	7/10/2024	12/30/2024
Reward Goes into Effect	1/1/2025	12/31/2025



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Progress, not perfection.

Reference the charts below to determine your improvement goal(s). You will earn full credit for a goal if you meet your improvement goal either since last year's screening OR by 12/30/2024.

If a chart has Level I, Level II, etc., locate the level that your result falls in. To get credit for the goal, you would need a new result that falls within the level above (e.g., Level III to Level II) or to meet the program goal, whichever is closer.

BODY MASS INDEX	
Program Goal: 28.5 or Less	
5% Weight Loss Since Last Program's Screening Or 3% Weight Loss by 12/30/2024	

GLUCOSE	
Program Goal	100 or Less
Level I	99 or Less
Level II	100-124
Level III	125-149
Level IV	150-174
Level V	175-199
Level VI	200 or More

BLOOD PRESSURE		
	Systolic	Diastolic
Program Goal	130 or Less	85 or Less
Level I	120 or Less	80 or Less
Level II	121-130	81-85
Level III	131-139	86-90
Level IV	140-149	91-95
Level V	150-159	96-100
Level VI	160 or More	101 or More

LDL CHOLESTEROL	
Program Goal	130 or Less
Level I	99 or Less
Level II	100-114
Level III	115-134
Level IV	135-159
Level V	160-189
Level VI	190 or More



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Accessing the Wellness Portal

Accessing the Wellness Portal Using a Computer or Mobile Browser

1. Visit the wellness portal at my.bravowell.com/roseburg
2. If you've participated in the program before, sign in with your email and password. Use the "forgot password?" link if needed.
3. If you have not participated in the program before, you will need to start by creating an account.

Navigating the Wellness Portal

1. Wellness Checklist

- When you sign in for the first time, you will be asked to confirm your personal information. Each time after that, you will be taken directly to your wellness checklist.
- Your wellness checklist helps keep you on track. It outlines what tasks need to be completed, by when, and how much they are worth. By expanding each task, you will find more information and instruction on how to achieve it.

2. Rewards Summary

- Review what you have earned so far and how you got there.
- Go back to your wellness checklist to see what's left on your list.

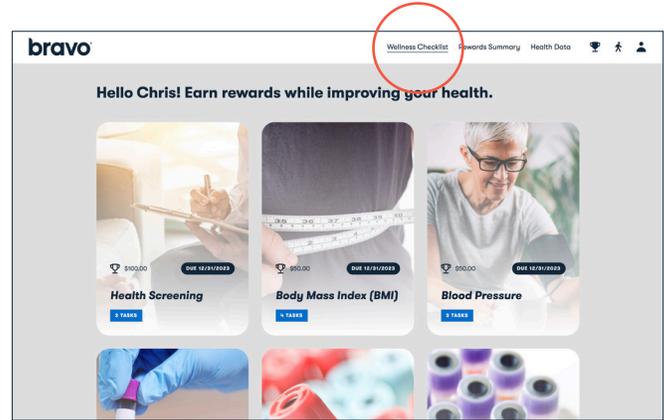
3. Health Data

- Review and download your results.
- You can filter by the different types of health data collected to see how you did in a specific area.

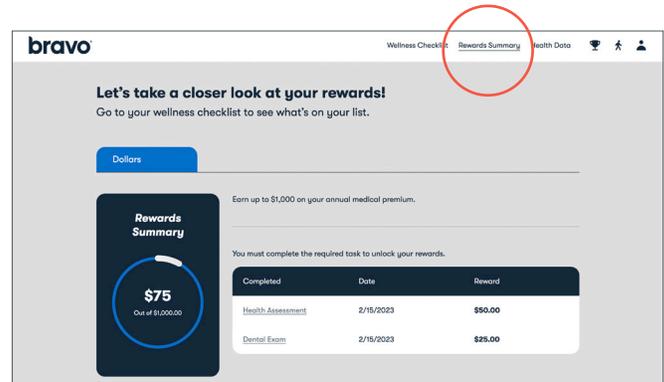
4. Resources

- Review and use available resources. Follow the prompts to access the tools.
- **Find answers to frequently asked questions by reading through the FAQ document.**
- **Tip:** Some of these resources may be part of your program. Refer to your wellness checklist for more information.

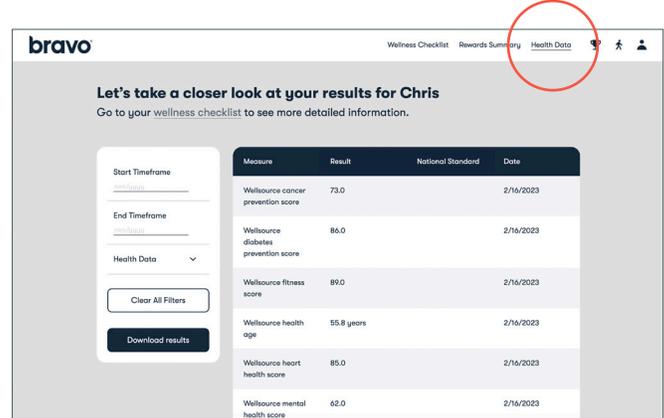
(Information continues on the next page.)



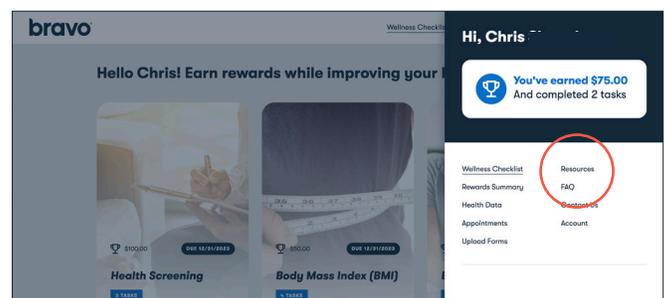
Wellness Checklist



Rewards Summary



Health Data



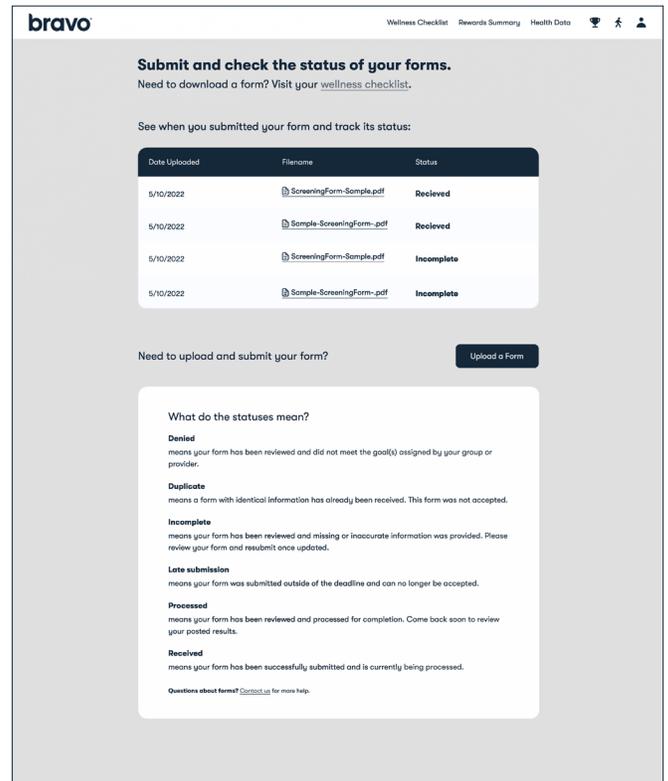
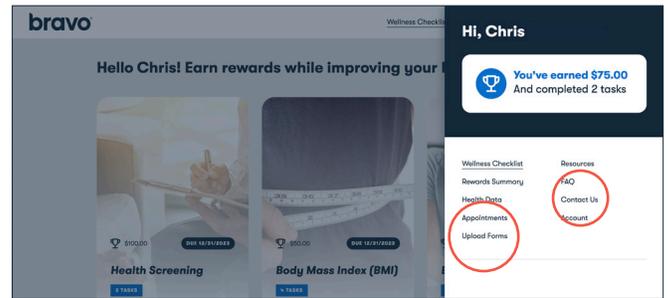
Resources

5. Upload Forms

- Click **Upload Forms** to submit and check the status of your forms.
- Attach or drag your completed form into the designated area and click **Submit**.
- A few things to keep in mind:
 - You will be prompted to download appropriate forms on the wellness checklist.
 - Submit one file at a time.
 - Make sure your form is dated and contains the correct signatures before you submit.
 - Make sure your file format is a PNG, JPG, PDF or HEIC.
 - You will receive an email after you submit your form. Form processing typically takes 5-7 business days after we receive it. You will receive an email again when the status changes.

6. Contact Us

- If you have additional questions about your program or run into an issue along the way, we are here to help!
Visit my.bravowell.com/contact-us to send us a message or call toll-free at 844.925.2782.



Upload Forms

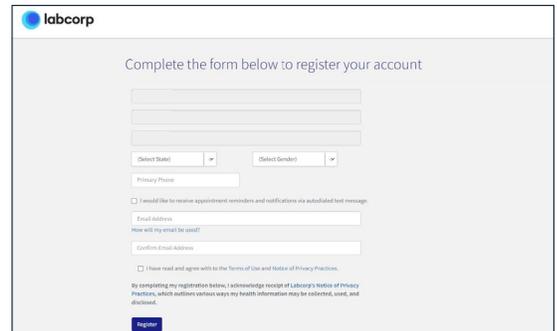
A Few More Tips

- You could see an error message for several reasons. Read through the notice on screen and if you still have questions, contact us for help.
- Do not be alarmed if an activity does not show as “complete” right away. It can take some time for the portal to display certain results. If a deadline is approaching, but your completion status still is not displaying correctly, you can contact us to confirm your completion status.
- If you are not able to participate or meet the goals of your program, the Bravo team can work with you and your doctor to find an alternative way to earn the reward. Learn more about alternatives by going to your wellness checklist and downloading the alternatives form. Read through the instructions outlined on the first page.

Schedule a convenient LabCorp screening.

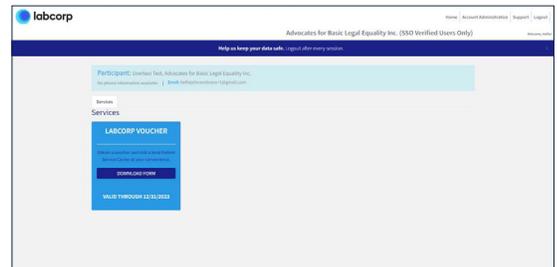
1. Go to the wellness portal and click the LabCorp link within your Health Screening task.
2. Enter/confirm your information and click **Register**.
3. Click **Download Form** under “LabCorp Voucher.”
4. Enter/confirm additional information and click **Next** to download your voucher.
5. The voucher contains a link to find your nearest LabCorp location. **When searching for a location, select “Employee Wellness with Body Measurement.” You need to choose a location offering this service to get your height, weight, waist, and blood pressure measured.**
6. After selecting a location, it’s best to schedule an appointment, but walk-ins are sometimes accepted.
7. Bring your voucher to your LabCorp screening.

**After your screening, you’re all set!
LabCorp will send your results to Bravo.**



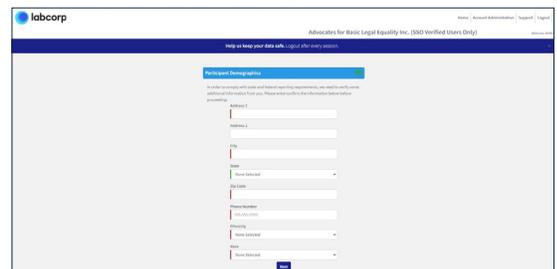
The screenshot shows the LabCorp registration form. It includes fields for Name, Address, City, State, and Zip. There are dropdown menus for 'Select State' and 'Select Gender'. A 'Primary Phone' field is also present. Below these fields, there are checkboxes for 'I would like to receive appointment reminders and notifications via automated text message' and 'I have read and agree with the Terms of Use and Notice of Privacy Practices'. A 'Register' button is at the bottom.

Step 2



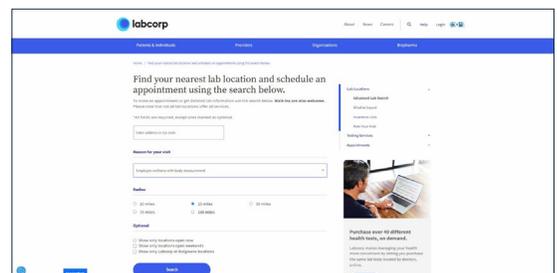
The screenshot shows the LabCorp voucher page. It features a 'LABCORP VOUCHER' section with a 'DOWNLOAD FORM' button. The page also includes a 'WALK THROUGH 12/31/2022' banner and a 'Help us keep your data safe' notice.

Step 3



The screenshot shows the LabCorp demographic information page. It includes fields for 'First Name', 'Last Name', 'DOB', 'Sex', 'Race', 'Ethnicity', and 'Marital Status'. There are also dropdown menus for 'Preferred Language' and 'Preferred Units'. A 'Next' button is at the bottom.

Step 4



The screenshot shows the LabCorp search page. It includes a search bar and a 'Find your nearest lab location and schedule an appointment using the search below.' section. There are also sections for 'Filter by your visit' and 'Filter by location type'. A 'Next' button is at the bottom.

Step 5

Primary Care Provider Screenings

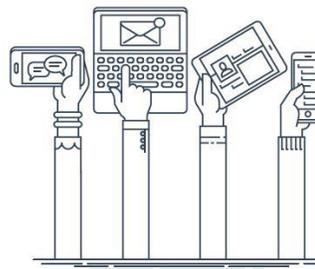
You may now submit the results from your annual preventative exam, with your Primary Care Provider (PCP), to Bravo, for a chance to earn a wellness credit toward your 2025 medical premiums.

Scheduling with your PCP

Please complete the following steps:

- 1. Schedule an appointment with your PCP any time before 11/30/24.**
 - Your insurance with Regence BCBS covers one preventative care exam annually, at no cost to you. You may use this exam to satisfy your wellness screening requirements.
 - Make sure the appointment includes a standard lipid panel blood test.
- 2. For the most accurate results, fasting 9 to 12 hours prior to your health screening is recommended.**
- 3. Bring the provider form with you to your appointment.**
 - The auto-populated provider form can be found on your [Bravo Portal](#).
 - Complete the Patient Information and Signature sections.
- 4. Have your provider complete their portion of the form.**
 - Make sure they complete the tobacco attestation question.
- 5. Upload the provider form to the [Bravo Portal](#) on or before 11/30/24.**
 - Your provider can fax the form to Bravo on your behalf. As the participant, it is ultimately your responsibility to ensure the completed form is sent to Bravo on or before the deadline.
 - Bravo recommends that you submit your form personally and retain a copy for record of your submission.
 - You will receive an email after you submit your form. Form processing typically takes 5-7 business days after we receive it. You will receive an email again when the status of your form changes.

Get your questions answered about annual physicals.



Who qualifies as a primary care provider?

- Internal medicine,
- Family practice,
- General medicine,
- Nurse Practitioners,
- Physician Assistants or
- OB-GYN's.
- If you are pregnant, a midwife (CNM) is also considered an approved provider.

What if I've already had my annual physical this year?

Your insurance with Regence BCBS covers one preventative care exam annually, at no cost to you. If you've already completed this exam prior to 7/10/2024 and you'd like to submit your results to Bravo, you have three options:

1. If you are able to download your results from a provider portal, you can upload them to Bravo.
 - *Note:* if you are wanting credit for the BMI or waist measurement, be sure that your height and weight (or waist measurement) is a part of your results.
2. You are welcome to take the provider form back to your provider's office and have them complete the form for you based on your earlier examination; that form can then be uploaded to Bravo.
 - *Note:* if your provider charges a fee for filling out forms, this cost is not covered under the program and would be out-of-pocket.
3. If the first two options don't work for you, you are welcome to have another examination at a LabCorp clinic or at an on-site screening event.

What if my primary care visit and my lab work are on two different days?

Take the Provider Form with you to your primary care visit for your doctor to complete, leave the form with the office. When your lab results come back to your doctor, then the office can complete that section of the form. You can either pick up the form from your provider's office to send back to Bravo, or the provider's office can fax it back to Bravo.

Have a smooth screening.

Follow these steps to ensure a successful screening experience:



Bring a Photo ID

Arrive 5 minutes early with your ID. This is required to verify your identity.



Avoid Tobacco & Caffeine Beforehand

For an accurate blood pressure result, do not consume tobacco or caffeine 30–60 minutes prior to screening.



Fast From Food

Fast for 10–12 hours prior to your screening for accurate cholesterol and glucose results. You may have water and black coffee/tea. Take all medications as prescribed.



Avoid Exercise & Stress Beforehand

For an accurate blood pressure result, no strenuous activity 30 minutes prior to screening and try to be as relaxed as possible at least 5 minutes before.



Stay Hydrated & Warm

Drinking 6–8 oz. of water before your screening and making sure you aren't cold helps make your blood draw easier.



Wear Short Sleeves

If you can, wear a shirt that allows you to have the blood pressure cuff directly on your skin.

Additional Screening Information

- Remove your shoes and empty your pockets. The health professional will want to make sure your height and weight are accurately captured. Height will be recorded to the nearest ¼ inch. Weight will not be rounded.
- The waist measurement will be taken at the navel using a 360-degree spin method, rounding to the nearest ¼ inch.
- Your pulse will be recorded for 60 seconds.
- A second blood pressure reading will be taken only if your first reading is greater than or equal to 120/80.
- The blood draw will take place after your blood pressure reading has been recorded. No more than 3 attempts at the blood draw should be made. Both the second and third attempts require your approval.

Don't forget to carefully read and sign your screening form!