



Attention Ohio State University Faculty and Staff:



If you had a physical exam in the last 12 months, ask your doctor to provide you with the biometric values you'll need to complete your Personal Health Assessment.

While you have the opportunity to obtain these biometric values from a free screening offered at multiple campus sites throughout the year, you may obtain these values from your physician using this form. If you had blood work done in conjunction with your annual physical examination in the last 12 months, call your physician to request the values listed below. Then, manually enter them into your Personal Health Assessment, available online at YourPlanForHealth.com.

Systolic Blood Pressure _____

Blood Glucose _____

Diastolic Blood Pressure _____

Total Cholesterol _____

Resting Pulse Rate _____

LDL (Bad Cholesterol) _____

Body Mass Index _____

HDL (Good Cholesterol) _____

Body Fat (put "unknown" if not available) _____

Triglycerides _____

When you go online to take your PHA, have these other values handy:

Height (in inches) _____

Weight _____

Waist Circumference _____

Completing your Personal Health Assessment (PHA) questionnaire qualifies you for a reduction in your monthly medical plan premium and also makes you eligible to participate in the Faculty and Staff Incentive Program to earn additional cash rewards.

The biometric values and the PHA must be completed **annually** to continue to receive the medical premium reduction each year. You may complete your free campus biometric screening and PHA at any time during the calendar year, but your premium reduction may not take effect until the following month and will be prorated for the months missed.

For more information about *Your Plan for Health*, the PHA or the Incentive Program, visit YourPlanForHealth.com.

To schedule a free biometric screening on the OSU campus, visit osuhealthplan.com/screenings/register/.