



Commonwealth of Virginia



June 21, 2013

Dear Health Plan Participant:

When it comes to your health, it's so important to know where you stand.

Your basic numbers for cholesterol, blood pressure, blood glucose and Body Mass Index (BMI) are excellent indicators of your general health. You owe it to yourself and your family to get these simple tests. The good news is it's fast and easy to find out. Most of your numbers just require a simple blood test.

You can get a FREE biometric screening from August 1–October 31.

It's available to all employees and non-Medicare retiree group participants, their spouses and adult dependents who are enrolled in a COVA Care, COVA HDHP or COVA HealthAware health plan. Your screening results will be automatically added to your personal MyActiveHealthSM website to allow you to track your numbers each year.

Three options are available to get your biometric screening.

Beginning July 8, you can make an appointment or print a requisition form by visiting myactivehealth.com/COVA and clicking on the link in the Welcome Message for biometric screening information. Choose one of the following:

1. **Participate in an on-site agency screening**, held at more than 200 agency locations across the state. There will be a drop-down list of available agency locations from which you may choose.
2. **Visit a LabCorp Patient Service Center**. Print out the requisition form, and take it with you when you have your screening done. You will only get the free screening if this form is presented to LabCorp at the time of the screening.
3. **Submit a Physician Form**. Download a physician form that's pre-populated with your information. It can be completed by your physician if you had a biometric screening done on or after April 1, 2013. If you are unable to visit your physician you may submit a completed form without your physician's signature with one of the verifiable **biometric/health screening results listed below with at least five of the nine measurements**:
 - Copy of lab results sheet from lab tests, or
 - Copy of physician report with lab results report

If you do not have access to the Internet or need assistance, please contact 866-938-0349.

Another Chance to take a Health Assessment and Earn Premium Rewards.

Members who are eligible for the Premium Reward Program but did not complete their Health Assessment during May 2013 can complete it at myactivehealth.com/COVA and complete their biometric screening by October 31 to receive the 6-month premium reward beginning January 1, 2014.

So make your appointment today and get your numbers taken. It is never too late to get on a healthy path. Take charge of your life and your health. Be safe. Be smart. Log on to myactivehealth.com/COVA and register for your screening beginning July 8.