

# MILLARD WELLNESS PROGRAM

## Frequently Asked Questions

Millard must receive completion confirmation from Quest & Aetna no later than **May 31, 2022**. Both requirements must be completed by **May 15, 2022** to check for completion on the employee access center (EAC). *If you complete both requirements prior to the deadline of May 31, 2022, your discounted health premium will start September 1, 2022.*

Screening Dates at the buildings have not yet been scheduled.

### 2021-2022 Wellness Program

**New staff will be able to participate after September 1, 2021.**

**Personalized Physician's form availability:** You may still go to your physician from September 1, 2021– May 31, 2021, but you will not have access to the personalized physician's form until mid-September, 2021 to be able to upload it to the Quest portal.

### FAQs

#### Do I have to participate?

No, your participation is completely voluntary. Please keep in mind if you choose to participate, you may be eligible to receive a reduced health insurance premium the following school year.

#### I have not participated in the Wellness Program, how do I start?

1. Create your account and register with Quest Diagnostics using **ME+your employee number for your user ID** (*not the one on the back of your badge – if you do not know your employee number call 402-715-8200*). **Example format: ME00000**. Detailed instructions are posted on the Millard Public Schools website. You may register for a screening at one of the Millard locations, or download the personalized Physician Results Form to take to your physician, or attend a screening at the Quest Diagnostics location in Omaha by calling 1-855-623-9355. **What is the registration key? Registration key: millardps**
2. Register on Aetna.com to complete your health assessment. Instructions are posted on the MPS website.

Note: *If you are not currently enrolled in the Millard Public Schools health benefits, please email HR to be added as a participant for the wellness program and to be able to register for the screening and to take the health assessment: [mpsbenefitsq@mpsomaha.org](mailto:mpsbenefitsq@mpsomaha.org). It does take several weeks before you can register.*

#### What are the benefits to participating in the wellness program?

You will find your top health risks and find you where you can improve and why you need to take action. The health grid lets you see how you're doing across 15 different health categories. The program helps you determine what you're doing right and why doing these actions are important.

#### What are the requirements for the Millard Wellness Program? You must complete BOTH requirements.

1. You will need to complete a health assessment on Aetna.com. Login to the [Aenta website](#) to access the assessment. The Health Assessment is a comprehensive set of questions about your health history and current health. The information you provide and the results from your Wellness Screening are used to create your own online Health Report.
2. You will need to complete a biometric wellness screening. [Quest Diagnostics](#)

**I have a spouse that works in the District, how do I participate?** You may register as a spouse using MS and your spouse's employee number to participate in the wellness program.

### Health Screening Questions:

#### Does my spouse have to complete the biometric screening?

No. Millard Public Schools offers access to the biometric screening and health assessment to the spouses of benefit eligible employees, but the spouse is not required to participate for the employee to receive the health premium discount.

#### Can I still go to my physician for my screening?

Yes, you must take the personalized physician's results form downloaded from Quest.

**Where can I find the Physician Results Form?**

To access the form, you must download the personalized form from Quest Diagnostics.

**Can I go to the Quest location in Omaha for my screening?**

Yes, you can register for an appointment convenient for you by calling Quest 1-855-623-9355.

**Cannot make your screening appointment?** If you registered for a screening event, but cannot attend, please cancel your appointment by logging into Quest to cancel your appointment prior to the sign-up deadline. You can also call Quest directly at 1-855-623-9355 to cancel.

**I am having trouble registering or logging into Quest Diagnostics to register to see my screening results, what should I do?**

Contact Quest customer service at 1-855-623-9355. Note: If you are not currently enrolled in the Millard Public Schools health benefits, you will need to contact HR to be added to the wellness program. Email [mspbenefitsq@mpsomaha.org](mailto:mspbenefitsq@mpsomaha.org).

**How can I be sure Quest gets my personalized physician’s results form?**

Upload your Physicians Results Form using your phone. *If you go to your physician for the screening you can upload the form yourself. This way you will get confirmation of receipt immediately. You can also fax the form to Quest but it is the employee’s responsibility to make sure the form is received prior to the deadline.*

**Health Assessment Questions:**

**How do I complete the Questionnaire (Health Assessment)?**

Login to the Aenta.com website to access the assessment. The Health Assessment is a comprehensive set of questions about your health history and current health. The information you provide and the results from your Wellness Screening are used to create your own online Health Report.

**I am having trouble registering or logging into Aetna to complete my health assessment, what should I do?**

Contact Aetna customer service at 1-888-751-4027. Note: If you are not currently enrolled in the Millard Public Schools health benefits, you will need to contact HR to be added to the wellness program. Email [mspbenefitsq@mpsomaha.org](mailto:mspbenefitsq@mpsomaha.org).

**I am having technical problems logging in to complete the health assessment, what should I do?**

Contact your building technology facilitator for assistance.

**How can I make sure I’ve completed both requirements?**

**How can I make sure I have completed both requirements before the deadline?**



*Please remember, it is the employee's responsibility to confirm HR has a record that you have completed both the wellness screening and the health assessment requirements.*

You may log into the Employee Access Center (EAC link below under useful links) and on the left-hand menu, under “Employee Tasks,” click on “Deductions and Benefits” to find your completion status.

If you see “**NEXT YR WELL SCREENING**” Quest Diagnostics has a record that you have completed the wellness biometric screening.

If you see “**NEXT YR WELL ASSESSMENT**” you have completed the health assessment through Aetna Navigator.

Below is an example of how to determine you have satisfied all wellness program requirements for the next school year.

Deduction Title	Status
NEXT YR WELL SCREENING	Active
NEXT YR WELL ASSESSMENT	Active

**Remember, both program requirements must be completed prior to the **May 31, 2022 deadline** in order to be considered for discounted health premium starting **September 1, 2022**.** Please note that may take at least a week for each requirement to show completed on the EAC.