

FORM INSTRUCTIONS

This form is not valid unless ALL information is complete. Any answer left blank in Section C will be considered False.

FAX the completed form to Secure FAX: 865-312-6724

HC21 Solutions
KYN - Knox County
625 Market St., Ste. 900
Knoxville, TN 37902

For Preferred 2018 Premiums, forms are due between Oct. 1, 2016 and Sept. 30, 2017.

Please keep a copy for your files

SECTION A Personal Information (to be completed by YOU)

Form fields for Section A: First Name, Last Name, MI, Birthdate, Last 4 of SSN, Gender (Male/Female), Relationship (Employee/Spouse), Address, City, State, Zip, Primary Phone, Email Address.

SECTION B Biometric Assessment (section MUST be completed by a CLINICIAN)

Form fields for Section B: Total Cholesterol, LDL Cholesterol, HDL Cholesterol, Triglyceride Level, Fasting Glucose, Blood Pressure, Height (inches), Weight (lbs), Waist Circumference, BMI, Appointment Date, Provider Printed Name, Provider Signature, Known Chronic Illnesses (Diabetes, Asthma, Heart Disease, Hypertension, Hyperlipidemia), Other.

SECTION C Guide to Better Health (to be completed by YOU)

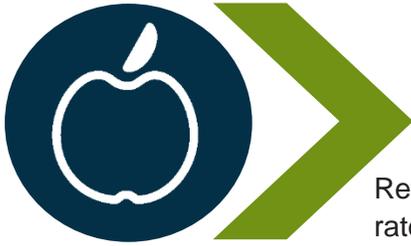
Form fields for Section C: I am currently Pregnant, I take an Aspirin Daily, I routinely have a Colorectal Cancer Screening, I have had an Influenza Immunization, I have had a Pap Smear, I have had a Mammogram, I am a Smoker or Smokeless tobacco user, I have a Primary Care Doctor, My Overall Health is, I am Satisfied with my Life, How many drinks containing Alcohol do you consume per Week on average?, How many days per Week do you get at least 30 minutes of Cardio Exercise on average?.

By signing, I authorize the disclosure of my health screening results to HC21 Solutions, a third party providing health risk analysis and other services related to illness management. All information released to HC21 Solutions will be protected in accordance with any applicable law. I understand that information contained on this form may be used to determine eligibility for program incentives managed by my employer.

Patient Signature \_\_\_\_\_

Date [ ] / [ ] / [ ]

# 2018 Preferred Insurance Rates for Retirees



## Save Hundreds of Dollars & Earn Rewards

Retirees and spouses covered by Knox County medical insurance for the entire year of 2017 have the opportunity to earn preferred insurance rates in 2018 and rewards of up to \$300 each through the optional Go365 wellness program.

Retirees and spouses new to the plan in 2017 will automatically receive the preferred rates in 2018. They are welcome to participate and earn Go365 rewards. Dependent children of any age do **not** need to participate for preferred 2018 rates, but children 18+ years old can register for their own Go365 account.

### Preferred Rate Requirement

HC21 HealthCare 21  
**SOLUTIONS**

Secure Fax: (865) 312-6724  
KYN-Knox County  
625 Market Street, Ste. 900  
Knoxville, TN 37902

#### Required for Preferred 2018 Rates

- 1) Complete sections A and C of the Biometrics Form on Page 12.
- 2) Have section B completed by a clinician during a preventive exam between Oct. 1, 2016 - Sept. 30, 2017.
- 3) Fax securely to HealthCare 21.



Replaces HumanaVitality  
Website Live on 1/1/2017:  
[www.go365.com](http://www.go365.com)  
Customer Service:  
(855) 221-2270

#### Optional Rewards Program

Use a computer or smartphone to register and begin earning rewards taking care of your health.

## Engaging in Your Health

Many people have a chronic disease and don't even know it. You could save your own life by getting a physical. Annual physicals establish baselines that help your doctor identify problems you may have in the future and prevent serious health issues. Go365 can help you make goals to improve or maintain your health.

## Your Privacy is Important to Us

Your participation is voluntary, and your information is protected. Federal law prohibits Knox County Government from receiving or using an employee or spouse's personal health information. Do not give the completed biometrics form to any Knox County employee. Completed forms should be faxed securely to HealthCare 21 at (865) 312-6724. HealthCare 21 is an independent company selected by Knox County to maintain the data and ensure our compliance with Federal law. Please visit [www.knoxcounty.org/benefits](http://www.knoxcounty.org/benefits) for notices about the wellness program and requesting alternative activities.