



2022 Biometric Health Screening RESULTS FORM



SAVANNAH
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MyQHealth.
by QUANTUM HEALTH

Act early for your 2023 premium incentive!

Please bring this form to your family doctor's office at the time of your annual checkup and use it to record your biometric health screening results. Please note that you must self-report all information; see more below. We recommend that you complete a biometric health screening before having your annual physical, so you can go over your screening results with your doctor.

Your results cannot be faxed.

Employee Name: _____ Physician Name: _____

Physician Phone: _____

Fill in at least four of the following biometric results:

SCREENING NAME	YOUR RESULTS	DESIRABLE VALUE*
Height	_____	—
Weight	_____	—
BMI (Body Mass Index)	_____	Less than 25
Blood Pressure	_____	Systolic (less than 120)/ Diastolic (less than 80)
Blood Glucose	_____	Below 100 mg/dL
A1c	_____	Below 5.7%
HDL (<i>high-density lipoprotein</i>)	_____	60 mg/dL or greater
LDL (<i>low-density lipoprotein</i>)	_____	Less than 100 mg/dL
Triglycerides	_____	Less than 150 mg/dL

DON'T FORGET TO SUBMIT YOUR RESULTS

Be sure to complete all four activities noted on your Incentive Checklist on or before Nov. 15, 2022, to receive the SAV4Health premium incentive for 2023.

You must self-report all information on the Incentive Checklist, which can be found by logging in to CityofSavannahHealthPlan.com or the **MyQHealth app**, or by calling your Care Coordinators at **866-360-7926**.

* According to WebMD.

CityofSavannahHealthPlan.com

866-360-7926

(Monday-Friday, 8:30 a.m.-10 p.m. ET)

Download the app | MyQHealth - Care Coordinators