

Health Screening Form Instructions

It's important for you to "know your numbers" to manage your health. Your cholesterol, blood pressure, glucose and body mass index (BMI, which is calculated using your height and weight) are key indicators of your health and your risk for illness.

Measure	Healthy Range
Body Mass Index (BMI)	Less than 25
Blood Pressure	Less than 120/80
Cholesterol	Non--HDL less than 100 HDL less than 40--59 (men) 46--59 women LDL less than 70
Glucose	Fasting: Less than 100 Non--Fasting: Less than 140
Triglycerides	Less than 150
Tobacco /Nicotine Use	Cotinine reading of Negative or Inconclusive

By submitting your results to RedBrick, you'll get more informed recommendations about your health.

Step 1: Obtaining your health screening results

Schedule an appointment with your health care provider to have a screening conducted. Be sure to bring the Health Screening Form with you to your appointment.

Step 2: Completing the Health Screening Form

Once the lab values are available, your provider should complete and sign the form. Either you or your provider can submit it to RedBrick. If your provider submits the form on your behalf, request a copy for your records. Redbrick and Medica cannot confirm fax receipt so please rely on your fax confirmation sheet as assurance of delivery.

Step 3: Submitting the Health Screening Form

Mail or fax the completed form to RedBrick using the contact information at the bottom of the form. The form will be processed within 15 business days of receipt if all of the necessary information is included.

Rewards for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a reward under this wellness program, you may qualify for an opportunity to earn the same reward by different means. Submit a question to medica.com/healthandwellnessquestions or call Medica Customer Service at 952--945--8000 for information on available reasonable alternative standards and we will work with you (and, if you wish your physician) to find a wellness activity with the same reward that is right for you in light of your health status.

Your privacy is very important to us. That's why we continuously update our information systems to keep your data safe.

Our Privacy Policy is based on these seven basic principles:

1. We always comply with our Privacy Policy and all applicable laws.
2. We will only use and disclose your Protected Health Information, which includes your Health Assessment and screening results, in compliance with the HIPAA Privacy Rule and all applicable laws.
3. We will only disclose your Protected Health Information to organizations that assist us in providing our services to you and only if they have agreed to protect your information in compliance with our Privacy Policy, the HIPAA privacy & security rules, and all applicable laws.
4. Your information will never be sold or given to a third party for marketing purposes.
5. Your personalized programs and information are available to you through a secure, password---protected website.
6. We will provide information to allow your employer to administer the program (e.g., pay incentives to you).
7. We will not disclose your Protected Health Information to your employer except with your consent or as required by law, and your employer may not use your Protected Health Information for any employment related purposes.

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AUTHORIZATION FOR USE AND DISCLOSURE OF PROTECTED HEALTH INFORMATION

Last updated: December 30, 2016

This Authorization for Use and Disclosure of Protected Health Information (“Authorization”) is intended to satisfy the authorization requirement of the Genetic Information Nondiscrimination Act of 2008 (“GINA”).

This Authorization pertains to your right to the privacy of your Protected Health Information (PHI) and relates to participation in employer-sponsored voluntary wellness programs offered by an employer to its eligible employees and their eligible dependents. We collectively refer to all eligible participants, including employees and their eligible dependents, as “Participants.”

RedBrick Health (“we,” “us” or “our”) administers voluntary wellness programs, including health screenings, health assessments, coaching and other clinical services. We collectively refer to all these types of programs as “Services.”

You may be eligible to use our Services if your health plan, benefits provider, employer (or the employer of the person through whom you receive your healthcare coverage) or other similar type of organization has purchased our Services and instructed us to provide you with our Services. We collectively refer to all these types of organizations as the “Sponsor.”

Our Services are administered according to Federal rules, within the United States, permitting employer-sponsored wellness programs that seek to improve health or prevent disease. Your eligibility or enrollment in your employer health plan or payment or reimbursement for healthcare services will not be based on your authorization for the requested use or disclosure of your PHI.

1. What is Protected Health Information (“PHI”)?

PHI is a special category of Personal Information defined and protected by Health Insurance Portability and Accountability Act of 1996 (HIPAA), a Federal law within the United States. PHI includes individually identifiable information, like your name, combined with medical or health insurance-related information that is collected or maintained on behalf of your health insurance provider or your medical provider.

2. How Is PHI Obtained, Used or Disclosed?

Our Services are subject to this Authorization, and your PHI will be obtained, used and disclosed through your participation in our Services including, but not limited to:

- **Health Screening.** The results of health screenings from your health Provider, an Onsite provider or a number of community access vendors can be made available through our Services. Your results may be used to direct you to tools that can help you meet your health goals or to help you understand your current health conditions and potential risks. Your results may also be used to offer you more of our Services and, if applicable, services under your Sponsor’s health plan. You are encouraged to share your results or concerns with your own doctor.
- **Health Assessment.** Our health assessment asks questions about your health history, such as your health numbers, lifestyle and diagnosed conditions. Your responses may be used to direct you to health and well-being tools that can help you meet your health goals or to help you manage current health conditions and potential risks. Your responses may also be used to offer

Your privacy is important to us and we protect your personal information. Want to know more? Read our privacy policy at RedBrickHealth.com/privacy

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you more of our Services and, if applicable, services under your employer's health plan. You are encouraged to share your results or concerns with your own doctor.

- **Phone and Onsite Services.** Through Services like Health Coaching and Next Steps Consult, our coaches and guides will ask questions about your health and well-being status, including your health numbers, lifestyle, diagnosed conditions and medications. Your information may be used to help you set and achieve your health and well-being goals or to help you understand your current health and potential risks. Your information may also be used to offer you more of our Services and, if applicable, services under your employer's health plan.

You should **never** disregard professional medical advice or delay seeking it because of something you have read or heard in or on our Services.

3. How Is PHI Protected?

Your PHI, including health screening results, health assessment responses and coaching notes, will not be obtained by your employer except as described in this Authorization and will not be used by your employer for any employment-related purposes. Your health information will not be sold, exchanged, transferred or otherwise disclosed except to the extent permitted by law, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in our Services or receiving an incentive.

We will only share your personal information with entities that have a legal right to access it, that are obligated to protect it in similar ways that we are obligated to protect it, and that assist in providing our Services or health benefits to you. Although we and your Sponsor may use collected aggregate information to design a program based on identified health risks, information that personally identifies you and that is provided in connection with our Services will not be provided to your employer, except as permitted by law. For more information, refer to our Privacy Policy.

We will ask you to accept this Authorization each year of your participation in our Services.

4. Can You Refuse This Authorization?

YES. You have the right to refuse this Authorization. You are not required to authorize these disclosures. However, authorizing these disclosures is required to participate in our Services. You may have been offered an incentive to participate in all or some of our Services, and only Participants who sign this Authorization and participate in the relevant Services will receive that incentive.

Contact Us

Please contact us with any questions or concerns about this Authorization:

by email at:
compliance@redbrickhealth.com

by mail at:
RedBrick Health Corporation
510 Marquette Avenue South
Minneapolis, MN 55402
ATTN: Compliance

Your privacy is important to us and we protect your personal information. Want to know more? Read our privacy policy at RedBrickHealth.com/privacy

