eHealth—Biometric Screening

Kansas City Orthopedic Alliance

eHealthScreenings
A Premise Health® company

All employees and spouses on the health plan have access to a comprehensive, venipuncture panel. This includes tests for Chem 30 panel, CBC, HbA1c, TSH for females and PSA for males 50 and older, blood pressure, height, weight, waist and BMI.

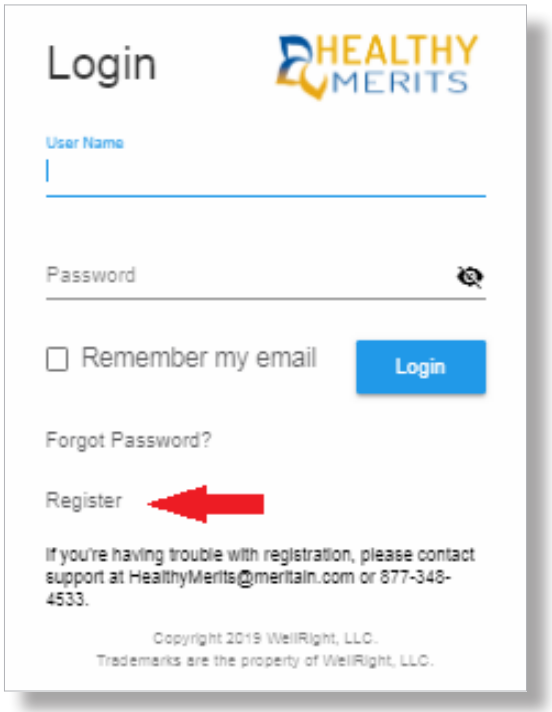
Get rewarded

Employees and spouses on the health plan who complete a biometric screening and additional wellness activities will earn an insurance premium discount in 2023. All lab forms must be requested by October 24, 2022 and submitted by October 31, 2022. If you have completed a comprehensive blood draw with your physician since January 1, 2021, you can submit your results through the physician screening option. You will need to follow the same steps to register and then choose physician screening.

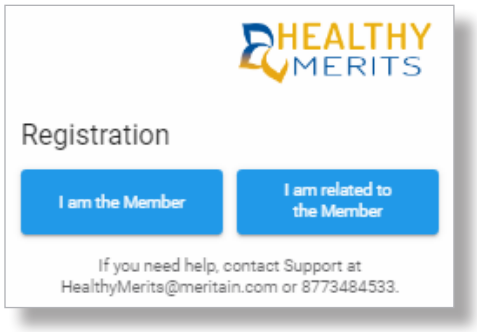
How to register for your Healthy Merits portal

To get registered for your biometric screening create an account on the Healthy Merits portal or log in.

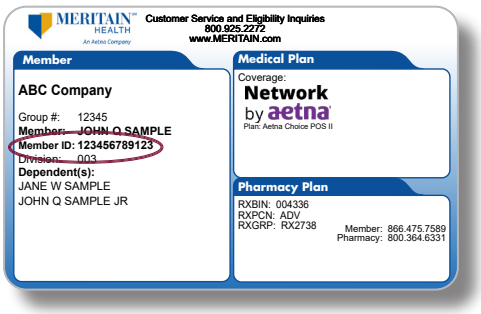
1. Click on or copy and paste the below website: **https://kcoa.healthymerits.com**.
2. Click on *Register.*



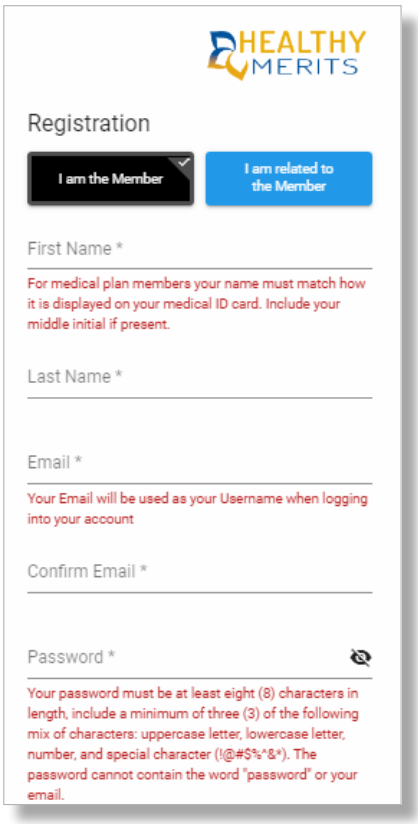
3. Select *I am the Member*



4. Enter your information as it is appears on your Meritain Health® medical ID card. Your unique ID is your member ID found on your ID card.



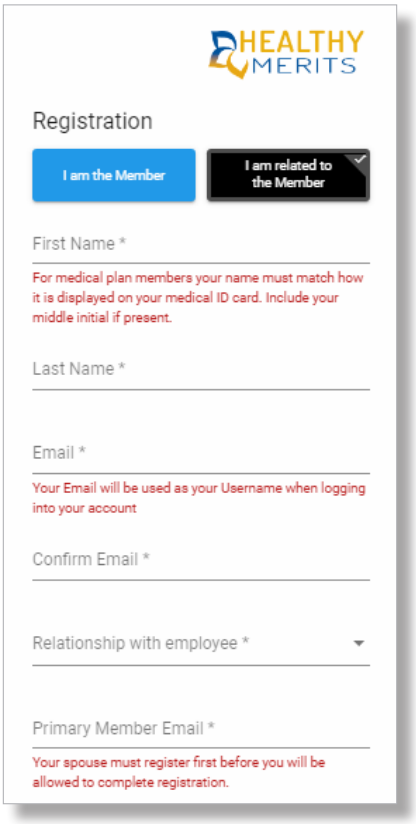
Please note: If your member ID card has your middle initial listed, be sure to include it in the First Name line of the registration form. Just leave a space between your first name and your middle initial, and do not include a period (e.g., John T or Natalie M).



5. Verify your address via the email you receive. **Please note:** After you register, you will receive an email asking you to verify your email address. Please be sure to check your spam/junk folder for this email. Your registration is not complete until you verify your address through this email.

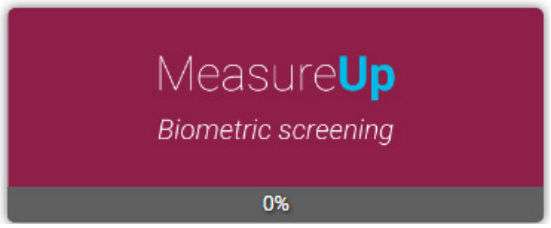
Spouse registration

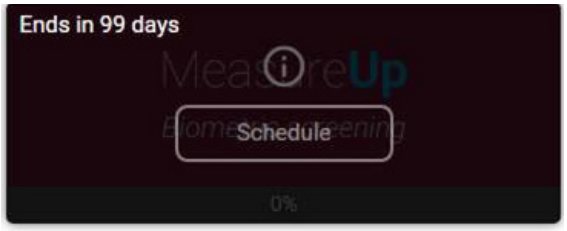
After you have registered, your spouse can enter their information and register. **Please note:** the primary member's email is required and is equal to the email address used to register with by the employee.



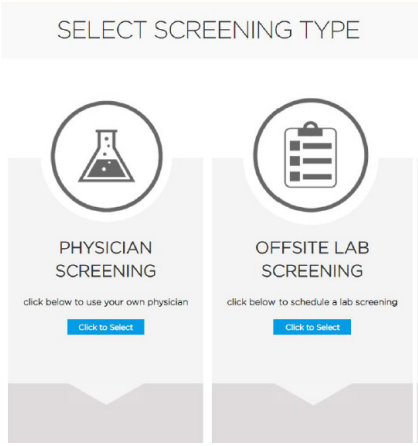
Schedule your screening

6. Once you have logged in to your wellness portal, click on the MeasureUp Card and Click *Schedule*. You will need to input your registration information one more time. From there, choose if you would like to participate at a local lab or complete the screening with your physician.

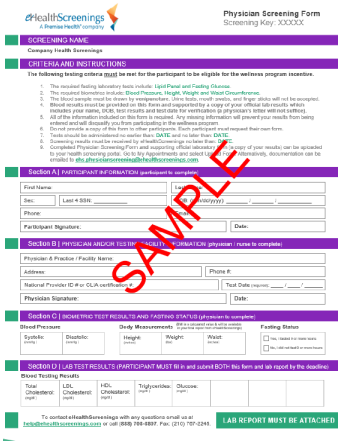




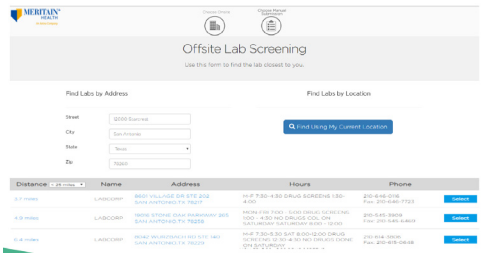
Options for health screenings



Select *Physcian Screening or Offsite Lab Screening*



Sample *Physcian Screening form* to take to your provider



Offsite Lab Screening search page

Please note: Fasting (no food) for nine hours before your appointment is recommended. Please drink plenty of water. Black coffee is permitted. Continue to take any prescription medications. If you are diabetic, please consult your physician before fasting.

Wellness matters!

When you feel better, you can accomplish more and get more enjoyment out of doing the things you love.

Advocates for Healthier Living

At Meritain Health, we care about your well-being! That's why we offer a number of tools and resources to help you on your wellness journey.

Questions? Just call Healthy Merits Customer Service at 1.877.348.4533 or email healthymerits@meritain.com.

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