

# 2023 PHYSICIAN SCREENING FORM

for employees and retirees of Chesapeake Public Schools (CPS) on a CPS health insurance plan.

Complete two steps between **November 1, 2021** and **October 31, 2022** to earn wellness credits and reduce your **2023 Health Insurance Premiums**.

**STEP 1** Make an appointment for a physical, including a biometric screening, with your doctor **AND**  
**STEP 2** Complete your Health Risk Assessment (HRA) at [Member.OurHealth.org](http://Member.OurHealth.org).

## YOU COMPLETE AND SIGN THIS SECTION

NAME \_\_\_\_\_ FEMALE MALE

EMPLOYEE ID# \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ ACTIVE EMPLOYEE RETIRED

HOME ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

I hereby authorize that individually identifiable health information on this form may be released to and maintained by Marathon Health for uses and disclosures permitted of covered entities under the federal HIPAA Privacy Rule. I also hereby authorize that Marathon Health may contact me about health and wellness matters related to this screening program.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

## ASK YOUR DOCTOR TO COMPLETE AND SIGN THIS SECTION

SCREENING DATE \_\_\_\_\_ HEIGHT \_\_\_\_\_ ft/in WEIGHT \_\_\_\_\_ lbs BODY MASS INDEX \_\_\_\_\_

BLOOD PRESSURE \_\_\_\_\_ / \_\_\_\_\_ mm/HG GLUCOSE \_\_\_\_\_ mg/dl FASTING (at least 12 hours) \_\_\_\_\_ YES \_\_\_\_\_ NO

TOTAL CHOLESTEROL \_\_\_\_\_ LDL \_\_\_\_\_ HDL \_\_\_\_\_ TRIGLYCERIDES \_\_\_\_\_ TC/HDL RATIO \_\_\_\_\_

PHYSICIAN/PRACTICE NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHYSICIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



**FAX TO (757) 282-5728**

**Health Center**  
MEDICAL CLINIC

You can also mail or take your forms to either Health Center. Washington Shoppes is located at 838 Old George Washington Hwy N Ste T, Chesapeake, VA 23323 and Knells Ridge is located at 817 Botetourt Ct Ste 106, Chesapeake, VA 23320.

If your doctor submits this form for you, ask for a copy and proof of submission. It is your responsibility to make sure the Health Center gets it before the **OCTOBER 31, 2022 DEADLINE**.

If you need assistance with logging in and accessing your account to complete your HRA, call Marathon Health Support at 1-888-490-6077. If you have questions or want to confirm receipt of this form and completion of your HRA, call the Health Centers. **Knells Ridge (757) 389-7300 Washington Shoppes (757) 389-7631**

