

FY26 Health Yourself Screening Form

Participant information

Last name First name Middle initial Date of Birth

☐ CBJ employee ☐ Bartlett employee ☐ JSD admin employee

How this form works

- Earn 100 points by May 31 to receive the following year's discount
- Work with your wellness coordinator or your providers to get sections 1 & 2 initialed and signed
- Return your completed form to Jess Brown via email, fax (586-4501), or inter-office mail


Section 1: Biometrics

Based on American Heart Association, and American Diabetes Association guidelines

Health indicator	Low risk range (15 pts each)	Medium risk range (10 pts each)	High risk range (0 pts each)	Provider initials	Points
Tobacco Use	<input type="checkbox"/> Non-tobacco user		<input type="checkbox"/> Tobacco user	_____	/15
LDL-C	<input type="checkbox"/> Less than 100 mg/dl* <input type="checkbox"/> Less than 70 mg/dl in patients with diabetes	<input type="checkbox"/> 100-130 mg/dl* <input type="checkbox"/> 70-100 mg/dl in patients with diabetes	<input type="checkbox"/> Over 130 mg/dl <input type="checkbox"/> Over 100 mg/dl in patients with diabetes	_____	/15
A1C	<input type="checkbox"/> Less than 5.7%	<input type="checkbox"/> 5.7%- 6.4%	<input type="checkbox"/> Over 6.4%	_____	/15
Blood Pressure	<input type="checkbox"/> Up to 120/80	<input type="checkbox"/> Up to 140/90	<input type="checkbox"/> Over 140/90	_____	/15

Section 2: Preventive Visits

Preventive visit	Provider's Signature	Points
Wellness Checkup	<p>This patient has completed an annual wellness physical since June 1, 2025</p> <p>Primary Care Provider name: _____</p> <p>PCP signature: _____ Date _____</p>	/20
Dental cleaning* Or attach EOB	<p>This patient has had a dental cleaning since June 1, 2025</p> <p>Provider name: _____</p> <p>Signature: _____ Date _____</p>	/20

Use section 3 on the back to track Health Yourself activity points 

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Section 3: Health Yourself Activities

- Use this table for personal reference to keep track of any additional points you earn from Health Yourself activities. Jess will also keep track of the HY activities or challenges you participate in.
- You do not earn any points for simply doing a blood draw- instead you receive points from the biometric results from the blood draw in section 1 of this form.
- If you earn more than 150 points total, you will be entered in a prize drawing.

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