

# ic-1 iCare Biometric Screening Form

Must be completed by both covered employee and spouse to received the iCare discount.

PLEASE PRINT CLEARLY WITHIN THE BOXES BELOW

## GENERAL INFORMATION

**IMPORTANT: A separate assessment form is required for both employees & covered spouse.**

Name of Person Being Assessed:	DOB:
Driver Code: (if applicable)	Last 4 Digits of your SSN:
Email Address: (not required, but recommended)	Tobacco User: <b>iCarePLUS = NO</b> <b>YES / NO</b>

## EMPLOYEE TYPE: (CHECK ONE)

<input type="checkbox"/>	Melton DRIVER
<input type="checkbox"/>	Melton DRIVER SPOUSE
<input type="checkbox"/>	Melton OFFICE
<input type="checkbox"/>	Melton OFFICE SPOUSE
<input type="checkbox"/>	Conexus OFFICE
<input type="checkbox"/>	Conexus OFFICE SPOUSE

As detailed in our privacy policy, we hold your personal information in a secure database that is only accessible by approved Melton Truck Lines health professionals. These staff members and/or an affiliated coaching service may review this information in order to provide you with assistance in reaching your personal wellness goals and assist you in the iCare enrollment process. You understand that you may not qualify for all discounts under this program if any field on this form is left blank or if you have not met all of the requirements for iCare. If it is unreasonably difficult due to a medical condition for you to achieve the iCare standards under Melton's wellness program, or if it is medically inadvisable for you to attempt to achieve these standards, call Benefits at 918-234-8000, and we will send you the Reasonable Standard Form you can complete to qualify for iCare.

A \$25 maximum monthly surcharge will be assessed to all covered Melton employees and/or insured spouses who use tobacco. This surcharge applies to covered Melton employees/spouses. If either the employee or covered spouses uses tobacco, a \$25 maximum monthly surcharge will be assessed. I certify that if this information is correct and if it changes at any time in the future, I will notify benefits of such change within 30 days through completion and re-submission of this form.

**SIGN HERE** Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## ICARE BIOMETRIC SCREENING - MUST BE COMPLETED IN FULL

Physician or Screener Name: (please clearly print all screening data)	Screening Date:
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SCREENING	YOUR VALUES	NORMS	DESCRIPTION	METABOLIC RISK COUNT
WEIGHT (lbs):		<b>Obesity is defined simply as too much body fat.</b> Your body is made up of water, fat, protein, carbohydrate and various vitamins and minerals. If you have too much fat – especially around your waist – you're at higher risk for health problems, including high blood pressure, high blood cholesterol, diabetes, heart disease and stroke.		<b>Screener: Please check the number of metabolic risk factors.</b> iCarePLUS: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> METABOLIC SYNDROME: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
HEIGHT (in):				
WAIST (in) CIRCUMFERENCE: iCarePLUS <40♂ / <35♀		<40in Normal (men) <35in Normal (women)	If you have too much fat, especially if a lot of it is at your waist, you're at higher risk for heart disease and stroke.	<b>Metabolic Syndrome: (≥3 risk factors)</b> Individuals with metabolic syndrome have a 725% greater risk for type II diabetes and a 276% greater risk of cardiovascular disease than those without metabolic syndrome.
BLOOD PRESSURE: iCarePLUS <130/<85		<b>SYSTOLIC</b> <120 Normal ≥140 Stage 1 ≥160 Stage 2 ≥180 Crisis <b>DIASTOLIC</b> <80 Normal ≥90 Stage 1 ≥100 Stage 2 >110 Crisis	Often called the "silent killer" blood pressure is simply the pressure placed on your arterial walls by blood.	
TOTAL CHOLESTEROL:		<200 Normal 200-239 Borderline High >240 mg/dl High	Your body produces about 75 percent of blood cholesterol. The other 25 percent comes from the foods you eat.	<div style="border: 2px dashed black; padding: 10px; text-align: center;"> <h1>SCREENER, PLEASE ATTACH CHOLESTECH PRINTOUT HERE*</h1> <p><b>*IF USED FOR THIS ASSESSMENT</b></p> </div>
LDL CHOLESTEROL:		<130 Normal 130-160 Borderline High >160 High	LDL is the "bad" cholesterol. When levels are too high, it can clog arteries, increasing your risk of heart disease and stroke.	
HDL CHOLESTEROL: iCarePLUS ≥40♂ / ≥50♀		≥40 Normal (men)♂ ≥50 Normal (women)♀	HDL is the "good" cholesterol which helps keep the LDL (bad) cholesterol from getting lodged into your artery walls.	
TRIGLYCERIDES: iCarePLUS <150		<150 Normal 150-199 Borderline High >200 High	Triglycerides are the chemical form in which most fat exists in food as well as in the body.	
FASTING GLUCOSE: iCarePLUS <100		<100 Normal 100-125 Pre-diabetes >126 Diabetes	An abnormally high glucose can be indicative of diabetes, but can also be caused by other disorders and diseases.	

## TO BE COMPLETED BY THE MELTON BENEFITS DEPARTMENT:

ADP  
  Motivation  
  Changes (tobacco)  
  iCare  
  iCarePLUS  
  Scanned  
  Changes (iCare)

Please fax completed form to: 918.439.2945 (Benefits Department)

Updated 9/12

TO BE COMPLETED BY BOTH EMPLOYEE AND COVERED SPOUSE

TO BE COMPLETED BY PHYSICIAN AND THE MELTON BENEFITS DEPARTMENT



*(Patient Must present Photo ID at Time of Service)*  
**Authorization for Prevention and Wellness Services**

**Patient Name:** \_\_\_\_\_

**Employer Name:** Melton Truck Lines

**Employer Street Address:** 808 North 161st East Avenue

**City, State, Zip Code:** Tulsa, OK 74116-4115

**Prevention and Wellness services may include:**

- **Biometric Testing**

**Special Instructions:**  
**Register patient in Practice Velocity under**  
**EPS, read detail and print protocol**  
**identified in alert, and follow directions in**  
**the protocol.**

# As a Part of Your Health Care Benefits, Melton Truck Lines Now Provides Medical Care at No Cost to You!

You now have enhanced access to quality healthcare with reduced wait times and the ability to schedule prompt appointments for urgent needs. Drivers, we will work to get you in.

Melton Truck Lines pays for 100% of the medical services you receive at any IMWell Health Clinic location.

## IMWell Health Clinics

Open  
Monday – Friday  
8 am – 5 pm

*Appointments only.  
Closed noon – 1 pm for lunch.*

IMWell Health Multi-Employer Clinics are staffed by teams of dedicated medical professionals focused on providing our members quality medical care for everything from bad allergies to chronic disease management. Just call the clinic below and they will get you taken care of.

**Tulsa Port Clinic**  
5232 N. Highway 167  
Catoosa, OK 74015  
**(918) 739-3066**

Fayetteville Clinic..... (479) 442-9900  
Fort Smith Clinic ..... (479) 434-3011  
Hot Springs Clinic..... (501) 318-0016  
Little Rock Clinic..... (501) 379-9054  
Tulsa Central Clinic ..... (918) 292-8464

*This benefit is available to all employees and their covered family members enrolled in the Melton Truck Lines health plan. Clinic locations can be found at [www.imwellhealth.com](http://www.imwellhealth.com)*

**Melton**  
Truck Lines, Inc.

