






## Screening Results

As a follow up to our Biometric Screening procedures, A. H. Belo Benefits is providing the following information regarding our 2019 Biometric Screening Outcomes based program. Employees and spouses covered under the Company's medical plan before May 1, 2019 are required to participate and pass three of the five measures to avoid the surcharge in 2020.\* Participants must complete the screening no later than July 31, 2019.

Log into <https://my.onsitehd.com/signup/ahbelo> to view your results. This information is typically available within 10 business days after your screening or your physician's form has been submitted. You must log in to determine ***if you met the required measures***.

If you passed the required biometric measures and tested negative for tobacco (cotinine), you will see this when you log in:

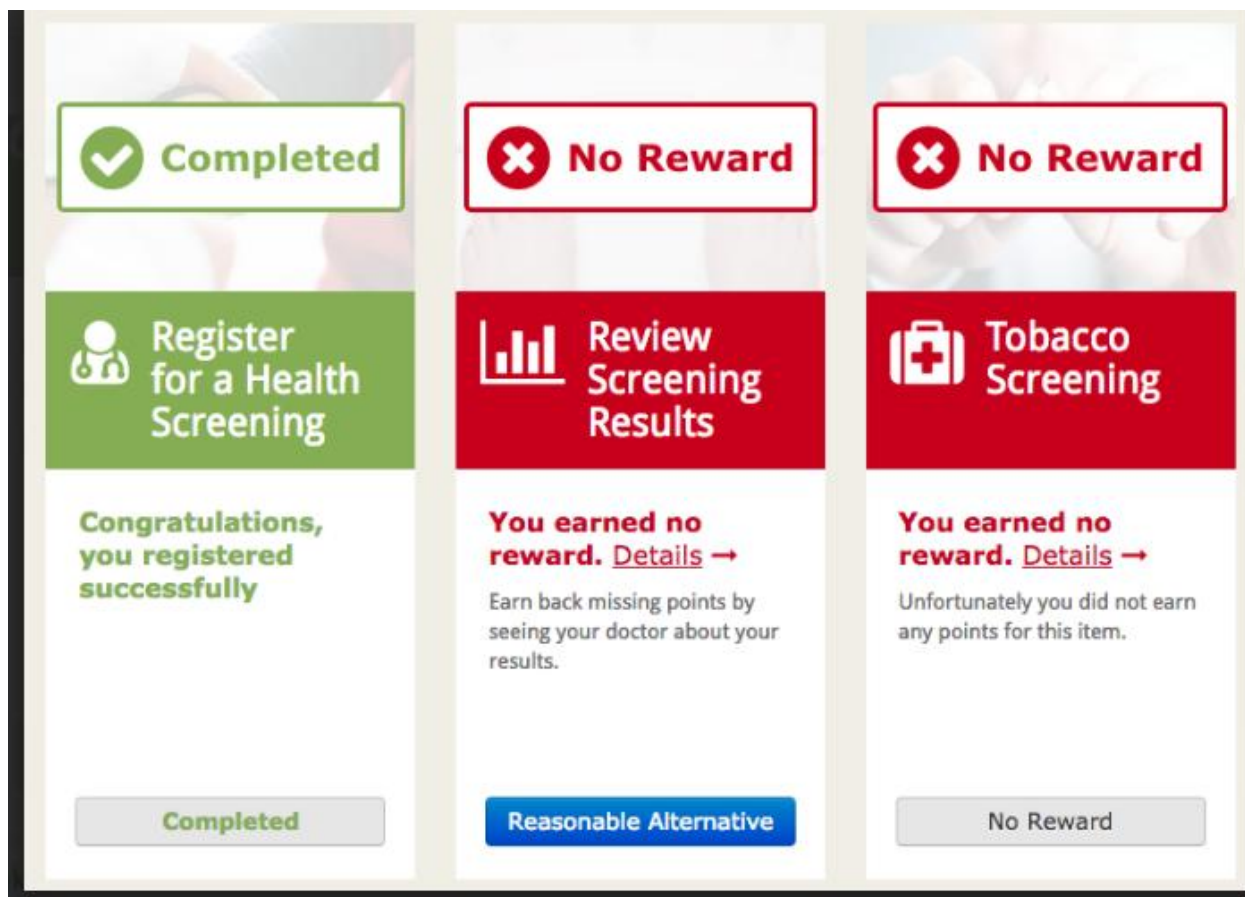
### Actions to Take

 <b>Completed</b>	 <b>Completed</b>	 <b>Completed</b>
 Register for a Health Screening	 Review Screening Results	 Tobacco Screening
Congratulations, you registered successfully	Congratulations, you passed. <a href="#">Details</a> →	Congratulations, you passed. <a href="#">Details</a> →
<b>Completed</b>	<b>Completed</b>	<b>Completed</b>

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\* Employees hired between July 2, 2018 and May 1, 2019 must participate in the screening but are not required to pass 3 of the 5 measures; they are, however, subject to the tobacco (cotinine) surcharge.

If three of the five measures are **not** passed and you also tested positive for cotinine (tobacco), you will see the following when you log in:



To avoid the surcharge for the Biometric Screening measures, your physician must complete and fax in the Physician's Exception Form. To obtain the form, click on the **Reasonable Alternative** link under Review Screening Results. Print the Physician's Exception Form. Provide it and your Biometric Screening results to your physician and discuss any measures not passed. If, in your physician's medical opinion, it is unreasonable for you to meet the measures you did not pass, then your physician will complete the form. Your physician will sign, date, and fax the form to Onsite Health Diagnostics. If the form is completed and faxed to Onsite Health Diagnostics by August 31, 2019, the surcharge will not apply in 2020. A fax confirmation form showing that the appeal form was signed and sent to the correct fax number on or before the deadline will be required for any surcharge disputes.

## 2019 Biometric Screening Measures

As a reminder of our requirements, a participant must pass at least three of the five measures:

BMI = Less than 25 (based on height, weight, and waist measurement)

**or Waist Measurement: < 35 for women and < 40 for men**

Fasting Glucose = Less than 100

HDL Cholesterol = Greater or Equal to 50 for women; Greater or Equal to 40 for men

Triglycerides - Less than 150

Blood Pressure = Less than 130/85

*Nicotine use continues to be a separate risk factor. If the test for Cotinine is positive, there will be a \$75 per month surcharge for each participant who tested positive. To avoid this surcharge, the participant must complete a six-month tobacco cessation program through Beacon Health Options (at no cost to you). Contact Beacon Health Options at [1-866-872-9546](tel:1-866-872-9546) to participate in the Kick It! program. Once you complete a six-month program, present the certificate to A. H. Belo Benefits.*

**A. H. Belo Benefits**

**214-977-7210 (direct)**

**214-977-8662 (fax)**