



Pathways to Enhanced Health

For specific Pathways questions, please email Dayli Christiano at CCPSPathways@CHealthPartners.com

[Biometric Screening](#) • [Wellness Consults](#) • [Preventive Screening](#)

Biometric Screening

- Biometric screening is a clinical set of *laboratory tests and measurements* that are completed to give you a clear picture of your overall health. Biometric screenings can help identify your health risks and provide you an opportunity for health improvement.
- Biometric screenings are **NOT** a replacement for routine examinations with your primary care provider. When shared with your physician, they are a convenient way for the two of you to keep an eye on your health risks.
- Your CCPS Pathways biometric screenings can only be done at a Quest Patient Service Center (PSC). An appointment is required and can be made by logging on to <https://my.questforhealth.com> and using the registration key **CCPS2023**.
 - ☒ Bloodwork from your personal physician **will not** be accepted.

Wellness Consults

- The Pathways Team reviews your biometric screening results and identifies your metabolic risk factors to determine if a Wellness Consult is indicated. Metabolic risk factors determine if you may have an increased likelihood of developing heart disease, diabetes, stroke and other health conditions. Metabolic risk factors include:

Metabolic Risk Factors		
Pancreas Health	Heart Health	Physical Measures
✓ Glucose ✓ Hemoglobin A1c	✓ Cholesterol/HDL ratio ✓ LDL ✓ Triglycerides	✓ Blood pressure ✓ Waist circumference

- Your Wellness Consults are based on the type and number of metabolic risk factors that you may have. This is how we determine the number of Wellness Consults that may be needed.

# Wellness Consults	Metabolic Risk Factors
1	No history of diabetes: hemoglobin A1c greater than or equal to 5.7%
	3 metabolic risk factors
	Type 1 or Type 2 diabetic: A1c less than 7% plus 1 – 2 metabolic risk factors
	Type 1 or Type 2 diabetic: A1c from 7% - 9% with NO additional metabolic risk factors
2	4 – 7 metabolic risk factors
	Type 1 or Type 2 diabetic: A1c less than 7% plus 3 or more additional metabolic risk factors
	Type 1 or Type 2 diabetic: A1c from 7% - 9% with additional metabolic risk factors
3	No history of diabetes: A1c greater than or equal to 6.5% or fasting glucose greater than or equal to 126
	Type 1 or Type 2 diabetic: A1c greater than 9%

- If Wellness Consults are indicated, they *must be completed by the designated deadline date* to remain in the Custom Pathway and/or be eligible for the Enhanced Pathway.
- If you need to complete a Wellness Consult, here are the deadline dates:
 - Consult #1 by ***Thursday, July 29th, 2023***
 - Consult #2 by ***Monday, July 31st, 2023***
 - Consult #3 by ***Friday, September 1st, 2023***
 - NOTE:*** Failure to complete the Wellness Consults by the above dates may result in a plan change to the Basic Pathway.

[What to Expect during your Wellness Consult](#)

Preventive Screenings

Preventive health screenings serve as an important alert system to help recognize early-stage changes that may lead to later health problems. Early identification of an early-stage change can make treatment easier, more effective, improve chances of survival and ensure effective recovery.

To remain in the Enhanced Pathway or upgrade to the Enhanced Pathway, these are the necessary preventive screenings, frequency and deadline dates for completion:

- ✓ Annual Physical Exam done between 9/2/2022 and 9/1/2023
- ✓ Mammogram
 - Females 40 years and older as of 1/1/2023
 - Every 2 years and done between 9/2/2021 – 9/1/2023
- ✓ Colonoscopy (screening*)
 - Anyone 50 years or older
 - Once every 10 years and done between 9/2/2021 – 9/1/2023

Note: *Cologuard is not accepted as a substitute for a colonoscopy.*

**Screening versus Diagnostic testing:* Screenings coded as screening are covered at 100%. Diagnostic services may be subject to out-of-pocket expenses. *For questions, contact your On-Site Client Representative at 855-333-1012, option 7, extension 3703.*

Any Questions???

If so, please call your Pathways Team at 239-377-0710 or email CCPSPathways@CHealthPartners.com