



Preventive Screening

Identifying health issues early can prevent serious illness and help save you money. This benefit, worth more than \$300, allows members to receive a biometric screening at no cost. The screening includes:

- a health risk appraisal;
- blood pressure screening;
- height and weight measurements; and
- blood work and lipid panels.

There are three ways to take advantage of this benefit:

1. **Attend a preventive worksite screening.** Contact your benefits office for more information about scheduled screenings. Any worksite with at least 20 participants can host a screening. If your worksite doesn't meet that rule, consider hosting a joint screening with another worksite. To get started, complete and email the [Preventive Worksite Screening Request Form](#) to wellness@peba.sc.gov to get started.
2. **Attend a regional preventive screening.** If your worksite doesn't offer a screening, or if you missed it, you can register for a regional screening. To find a screening near you, check out the [2019 regional screening list](#).
3. **Visit a participating screening provider.** Visit one of our [participating screening providers](#). While it's not required, you can print this [voucher](#) and take it when you visit for a screening.

No matter how you take advantage of this benefit, you will receive a confidential report, which will include required tests and appraisals. Some screening providers may provide more results above the minimum requirements.

Participating screening providers may also offer optional tests for an extra fee. You may contact the screening provider about out-of-pocket expenses associated with these tests. Please note, optional tests may vary based on screening provider.