



HeartAware Program Frequently Asked Questions

When will I be able to get an on-site blood test this year?

The City is partnering with Bryan Health to make sure city employees know their numbers. In just 30 minutes, a registered nurse will give you a cholesterol screening - including total cholesterol, HDL, LDL, triglycerides, and blood sugar – and then will discuss the results and perform a risk assessment with you. It is not necessary that you are insured with the City to participate.

Why is the City of Lincoln changing how it provides employees a blood chemistry profile?

The current service minimally affords the employee a blood test and no opportunity to meet directly with a qualified health care professional to discuss the results. Partnering with the Bryan Health HeartAware program allows the employee to schedule a specific time to meet with the HeartAware nurse to discuss not only the blood test results but also information learned from the on-line risk assessment the employee completes before scheduling the blood test.

Why can't we continue to receive a blood chemistry profile in June?

Because the HeartAware program is more than a blood test and instead a risk assessment, blood test and health consultation with a HeartAware nurse, the City can no longer process all requests in just a few days in one month. From now until December, employees designated by department will be assigned a specific month in which to schedule an appointment. Appointments are made directly with the HeartAware program. Employees will be notified by email two weeks prior to the days assigned how to participate.

Will we receive the same blood test as in the past?

The HeartAware risk assessment and blood test is focused on heart health and diabetes prevention---the two leading challenges to employee health.

When will I have my blood tested?

After you have completed your on-line risk assessment, you will be asked to schedule an appointment during the times specifically set aside for your department. Your blood will be tested and analyzed during your appointment. You will then be able to discuss the results right then with the nurse.

What if I will not be in the office during our designated month/days?

We understand that not all employees interested in participating will be able to do so during the days designated for their department. There are additional days set aside in December for this very purpose and you are encouraged to register for those days when they are opened. You may call HR Risk Management at 402.471.7671 to discuss other options.

Previously, my spouse also had a blood test. Will spouses be allowed to participate in this program?

The HeartAware program is available to city employees on those days designated. Your spouse may go on line and register for the program and work directly with Bryan Health to arrange when and where the blood test and consultation will take place.

In years past, employees without insurance paid a fee for the blood test. Will there be a fee for those employees?

No. The HeartAware program is being made available at no charge to all City of Lincoln employees regardless whether they have our insurance.

I noticed my department is not on the schedule.

Employees with the Lincoln Police Department and the Lincoln Fire Department have already accessed the program. Additionally, the Lincoln Lancaster Health Department made the Heart Aware program available to both City and Lancaster County employees through their annual wellness fair. Our short-term goal is to make the HeartAware program available to all other departments through the end of 2019. Then in 2020 we will work with Bryan Health to schedule all departments throughout the upcoming year.

In previous years, employees had to wait in line to have their blood tested.

Employees will be able to schedule a specific time in which to meet with the nurse and have their blood cholesterol and blood sugar checked. Supervisors will be able to better plan for employee engagement in the program as compared with the previous program in which employees were asked to wait in line away from their offices until their turn.

If you have additional questions, please call 402-441-7671.