

**BIOMETRIC SCREENING:
Options to earn credit for *Be in the Know* 2024-2025**
(Updated December 2024)

Screening Options	What do I need to do?	Who processes my screening?	What are the deadlines?	Where can I find related information?
Submit Results from your Physician	Complete a screening with your physician, including total and HDL cholesterol, blood sugar/glucose, and blood pressure. Submit your results using Penn's " Consent to Release Results Form. "	Health Advocate (See Consent for directions to submit. Health Advocate will process your results and automatically send credit to Personify Health.)	Recommended submission deadline to allow processing time: June 1, 2025. (Final deadline to submit: June 30, 2025.)	Use this Consent to Release Results Form which is also available on HR's website and Personify Health platform.
Order a Home Test Kit	Order and complete a home test kit that will be mailed to the address you provide. Follow the directions – all supplies and directions will be included. You will need to mail back the completed kit.	Labcorp (Labcorp will process your results and automatically send credit and screening values to Personify Health. Labcorp will also email you a link to view results. The process takes several weeks at a minimum.)	Complete screening kit and return in the mail by June 1, 2025 to allow processing time. Screenings completed after this date are not guaranteed to be credited for 2024-2025 campaign year.	Order on Personify Health platform, Programs page – see "Biometric Screenings Options, 2024-2025".
Download Labcorp Voucher	Download the Labcorp voucher (screening script.) Schedule and complete a screening appointment at a participating location convenient for you.	Labcorp (Labcorp will process your results and automatically send credit and screening values to Personify Health. Labcorp will also email you a link to view results. The process takes several weeks at a minimum.)	Complete screening appointment by June 1, 2025 to allow processing time. Screenings completed after this date are not guaranteed to be credited for 2024-2025 campaign year.	Order on Personify Health platform, Programs page – see "Biometric Screenings Options, 2024-2025".
On-Campus Biometric Screenings	<i>On-campus biometric screenings will return to Penn, fall 2024. These non-fasting screenings provided by Health Advocate will be available at convenient campus locations. Once completed, Health Advocate will automatically send your results and credit to Personify Health. Watch for upcoming Penn Healthy You announcements with dates and registration details.</i>			

For the *Be in the Know* 2024-2025 campaign year:

- **Your biometric screenings must be completed within the campaign year dates, July 1, 2024 – June 30, 2025 (complete only once per year.)** Screening results obtained outside of this time frame will not be accepted, so please note timelines and recommendations.
- **A biometric screening is the only required activity you must complete to receive your earned rewards – and you will earn \$75 Rewards Cash for completing a screening this year, plus unlock earning additional rewards!** Earn \$25 Rewards Cash for completing the Health Check (Personify Health's online health assessment) and up to \$200 Rewards Cash plus VIP recognition for completing your choice of qualifying "Ways to Earn 2024-2025" activities. Redeem all rewards on the Personify Health platform: app.personifyhealth.com.
- **For complete *Be in the Know* details, visit www.hr.upenn.edu/beintheknow.**