

# US Wellness Scheduling Biometric Screening

How to schedule an in person appointment

**Step 1:** Please visit <https://nelnet.uswellness.com>

**Step 2:** In the *Onsite Health Screenings* Box, click on "Schedule an Appointment."

**Nelnet Health Screening Options**

Nelnet and US Wellness are working together to provide you with the resources to make more informed choices regarding your health. Nelnet associates and spouses/domestic partners who participate in a Nelnet medical plan and complete a health screening may qualify for an incentive by meeting the [2023 health screening goals](#).

**ONSITE HEALTH SCREENINGS**

All Nelnet associates are encouraged to participate in the screening event and know your health numbers. Visit the Screening Management Tool to create an account or log in to your existing account and register for your onsite screening appointment.

NOTE: Associates and spouses/domestic partners need their own individual appointments. Spouses/domestic partners can create their own account to schedule their appointment.

To view the onsite screening options and schedule your appointment, click on the "Schedule Onsite" box below.

Click [here](#) for step-by-step instructions on how to create/manage your account and select an appointment.

**SCHEDULE AN APPOINTMENT**

**2023 HEALTH SCREENINGS**

Visit the Screening Management Tool to register for your 2023 health screening. Create your account or log in to your existing account to access one of the following health screening options:

- Physician Screening Form – use the Screening Management Tool to download and upload your form.
- Laborcorp Voucher – request and download your Laborcorp voucher. Visit a participating facility to complete your screening. Results will be automatically transmitted to US Wellness.

All screenings must be completed by September 30, 2023.

► Click the "Visit Screening Site" button below to access the health screening options.

► Need help uploading your onsite screening form? Click [here](#) for step-by-step instructions

**VISIT SCREENING SITE**

**ALTERNATIVE OPTIONS**

If it is medically inadvisable for you to participate in the Nelnet wellness program due to pregnancy or a medical condition, or if you would like to request an alternative standard from your physician, complete the form below. You must [return here](#) to upload your completed form by September 30, 2023.

NOTE: If your physician is not exempting you from ALL goals, you must complete a screening to earn credit for the remaining metrics. The Reasonable Alternative form can only be used to have goals waived. Screening results provided on a waiver will not be accepted. All physician results must be submitted on a physician screening form, available [here](#).

Completed Waivers must be submitted by September 30, 2023.

► To print the reasonable alternative form, click the "Download Waiver" button below.

► To upload your completed reasonable alternative form, click the "Upload Waiver" button below.

**DOWNLOAD WAIVER** **UPLOAD WAIVER**

**\$5 FOR 5% RESUBMISSION FORM**

The 5 for 5 program allows associates outside the goal range to earn a \$5 discount on their medical premiums for making a 5% improvement over previous screening results. Click [here](#) to learn more.

► Click the "Visit Screening Site" button to access the \$5 FOR 5% Resubmission Form.

**VISIT SCREENING SITE**

If you have any questions or need assistance, please contact US Wellness at [askme@uswellness.com](mailto:askme@uswellness.com)

**Step 3:** Create a new account to get started.

If you already created an account, utilize the "Click here" link to log back in with your email and password.

**\*Returning Users Only** - Remember to put **.usw** at the end of your email address. (EX. [name@gmail.com.usw](mailto:name@gmail.com.usw))

If you need to reset your password, click "forgot your password?"

**US Wellness**

Welcome to the Health Screening Scheduler

Already a member? [Click here to Log in.](#)

To create a new account, complete the registration below

\* First Name  \* Last Name

\* Email  \* Date of Birth

Complete this field.

Gender

Select the Gender

\* Password  \* Confirm Password

Minimum 5 characters long Minimum 3 characters long

Complete this field.

**Sign Up**

For questions or login support contact US Wellness Member Solutions at 888-926-6099 x 900 or [support@uswellness.com](mailto:support@uswellness.com)

**Welcome Back!**  
We're glad you're here!

Login to your US Wellness account using your existing Username and Password below.

If you forgot your password we can help! Select "Forgot your password?" prompt below.

Your username is the email address you used to create your account with .usw added at the end of your email, refer example:  
**john@gmail.com.usw**  
Username is case sensitive.

**ellness**

Username

Password

**Log In**

Need something else? We're here to help! Contact us at: [support@uswellness.com](mailto:support@uswellness.com) 888-926-6099x900  
Forgot your password?

**Step 4:** Welcome to the landing page where you will find the services available to you.

Select SCHEDULING to schedule your onsite biometric screening.

Home **Scheduling** Results

Search...

**Welcome**

To schedule a new service, select "Scheduling" above.  
To view results from a past service, select "Results" above.

You have accepted your Employer's Terms and Conditions for undergoing Wellness Tests.

Your upcoming services are shown below :

### Step 5:

Click the blue icon in the In Person Appointment box.

This will take you to the next step where you can schedule your appointment.

Home Scheduling Results Admin Console Reports & Analytics

Live healthier, be stronger, and achieve more!

In Person Appointment

- Schedule an appointment near you.
- You will receive a confirmation email noting the time and date you choose.
- Arrive for your appointment at the time you choose.
- If you need to change or cancel your appointment you may do so anytime by returning to this site.
- Visit the results page when your test or service is complete to see a record and results.

PCP Form

Download the physician form.  
Schedule an appointment for your annual preventive exam with your doctor. Take the downloaded form to your appointment. Your doctor will perform your annual physical and lab tests. Ask your doctor to complete the downloaded form.  
If you have already visited your doctor this year, check that your exam was within the required timeline to get credit for your wellness tests. When your form is completed, upload the form here for review and verification. Your form will be verified within three business days.

Retail Voucher

For domestic screenings, download either a Labcorp or CVS Minute Clinic voucher. This voucher may be redeemed for a comprehensive screening to find a CVS Minute Clinic near you and to make an appointment, visit: [bit.ly/3KHU7E6](http://bit.ly/3KHU7E6). To find a Labcorp near you, visit: [www.labcorp.com](http://www.labcorp.com) and search for labs with Employee Wellness Testing.  
Your screening will be performed at the Labcorp or CVS Minute Clinic you choose.  
For domestic screenings, it is recommended that you fast for 8 hours or more before your test. Fasting means no food or drink other than water and black coffee. If you take medications in the morning, take them as directed.

Questions? Contact us at [support@uswellness.com](mailto:support@uswellness.com) or 888-926-6099-900

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### Step 6:

Select the arrow to expand the list of locations to choose the location that is best for you.

Select an appointment time that suits you, click "Book Appointment." You will next be prompted to answer a tobacco attestation.

That's it! You will receive a confirmation email with appointment details and a reminder email the day before your scheduled appointment.

Your US Wellness health screener will enter your results at the time of your testing and give you a copy of your results to take with you.

USW HQ

Directions

Onsite Screening AW  
Dec 30, 2023

Slot  
Choose Slot

Book Appointment

Onsite Screening AW  
Feb 20, 2024

Slot  
Choose Slot

Book Appointment

Back

Self Answered Questions

1. CERTIFICATION OF TOBACCO USE: Tobacco (or nicotine) use includes use of any chewing tobacco, cigarettes, cigars, pipes, E-cigarettes, E-cigars (electronic cigarettes and cigars) within the past 90 days. Please select the appropriate response below:

Select an Option

Save

Questions? Contact us at [support@uswellness.com](mailto:support@uswellness.com) or 888-926-6099-900

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### Virgin Pulse:

#### Results:

Screening results will be uploaded to your wellness platform 10 business days after your completed screening has been received. Results can be found under "Home" -> "Stats"

#### Goals Met:

Goals met will be identified by a green check mark in your wellness platform under "Home" -> "Rewards".

Note: You **must** have an active wellness account to see your results from your biometric screening participation. Need to create an account? Visit [join.virginpulse.com/nelnet](http://join.virginpulse.com/nelnet)

Home Health Benefits Social Media More

Stats  
Healthy Habits  
Rewards

Survey

Health Check

Health Check is designed to questions, think clearly abo

Annual Goal Met: Glucose  
1 Goal Met

Annual Goal Met: Blood Pressure  
1 Goal Met

Annual Goal Met: Cholesterol  
1 Goal Met

Annual Goal Met: Body Composition  
1 Goal Met