

US Wellness Offsite Screening Form

How to upload a completed form

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

Step 2: In the *Health Screenings* Box, click on "Visit Screening Site"

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.

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.
- Laboratory Voucher – request and download your Laboratory voucher. Visit a participating facility to complete your screening. Results will be automatically transmitted to US Wellness.
- Stay tuned for more information regarding the upcoming 2023 onsite health screenings.

All screenings must be completed by September 30, 2023.

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

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.

\$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.

Step 3:

"Click here" to get to the login page.

Login with the email and password you created when you downloaded your offsite screening form.

Remember to put **.usw** at the end of your email address.
(EX. 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

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.

Username

Password

Log In

Need something else? We're here to help! Contact us at: 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 upload your offsite screening form.

Home **Scheduling** Results

US Wellness Helps You Stay on Track

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 PCP Form box.

This will take you to the next step where you can upload your Offsite Screening Form.

The screenshot shows the top half of the US Wellness website. At the top, there is a banner with the text "US Wellness Helps You Stay on Track." and a photo of a smiling woman in a white lab coat. Below the banner, there are two main sections: "PCP Form" and "Retail Voucher". The "PCP Form" section has a blue icon with a white document symbol, which is circled in yellow. The "Retail Voucher" section has a blue icon with a white document symbol. Text to the right of the icons provides instructions for downloading the form and redeeming the voucher.

Step 6:
Click "Click Upload PCP Form"

This screenshot shows the same website as the previous one, but with a yellow arrow pointing to the "Upload PCP Form" button. The button is located in a teal bar at the bottom of the banner area. The text "Physician Form | Included Tests: PCP - Full Lipid + Glu + Biometrics + Body Fat Percentage (STANDARD)" is visible to the left of the button. The "Download PCP Form" button is also visible to the right.

Step 7: Answer the tobacco question. Click the drop down arrow to change your answer.

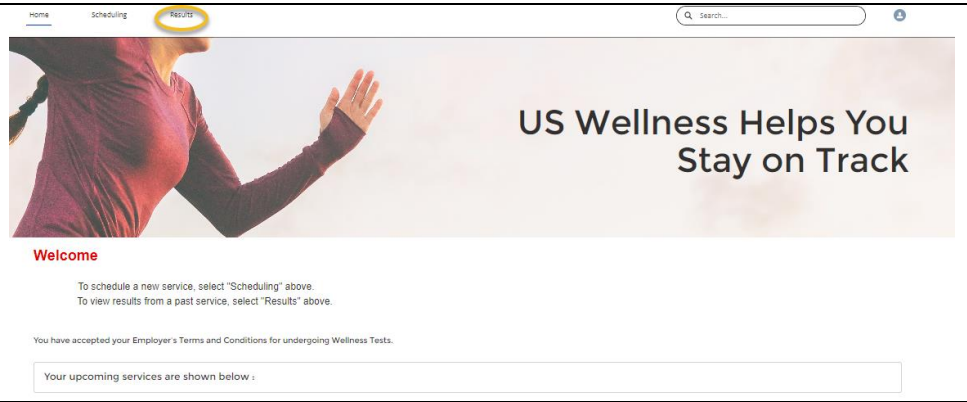
Either drag your completed offsite screening form to the upload box or click "upload files" and select it for upload.

Click "Submit"

This screenshot shows the "Self Answered Questions" section of the website. It features a "Back" button in the top right corner. Below it, there is a section titled "Self Answered Questions" with a question about tobacco use. A dropdown menu is open, showing the selected answer: "NO. I have NOT used tobacco (or nicotine) products within the past 90 days." Below the question is a "File Attachment" section with an "Attachment" label, an "Upload Files" button, and a "Submit" button. A red warning message states: "Warning: if you don't upload document your wellness test result cannot be accepted." At the bottom, there is a note: "Please scan and upload your completed form onto the registration page on or before 9/30/2023."

Step 8:

You will receive an email from us with the status of your offsite screening form within 2 business days.



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

