LetsGetChecked Venous Event Training

OPA Tool Login

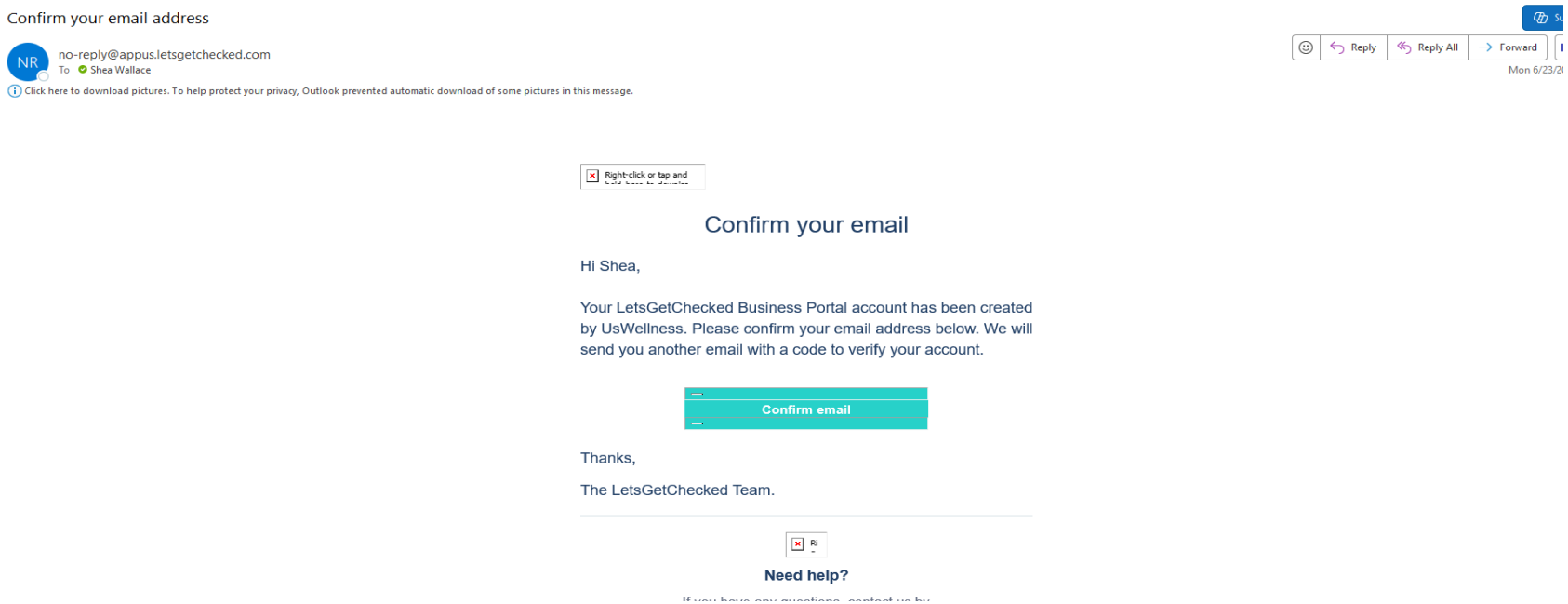
OPA Data Entry

Pillars Of Success

Create Account

Look for an email from No-reply@appus.letsgetchecked.com – sent to your email address on file with US Wellness. Select “Confirm email” widget to get started.

Your LOGIN is: firstname.lastname@fo.uswellness.com
Example: shea.wallace@fo.uswellness.com

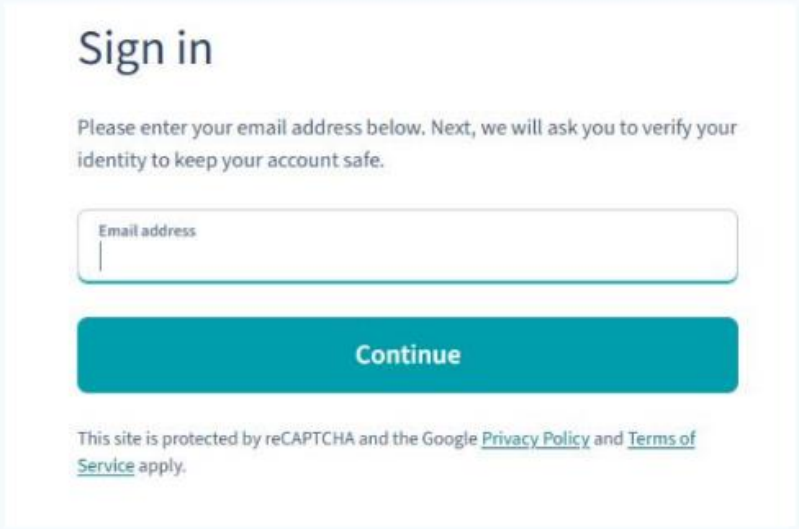


Sign In

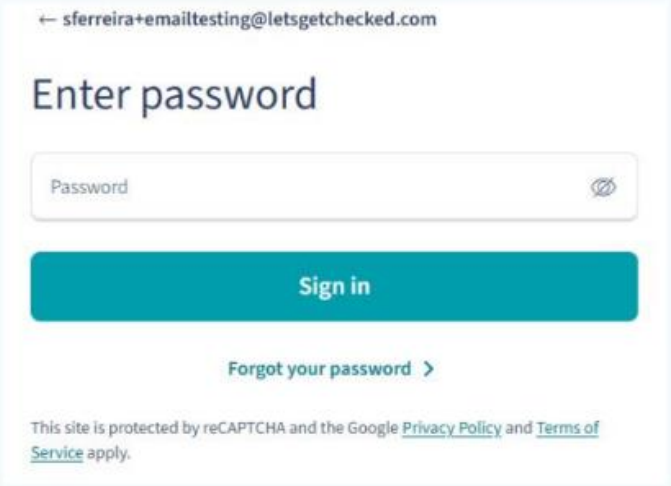
Your LOGIN is: firstname.lastname@fo.uswellness.com
Example: shea.wallace@fo.uswellness.com

LetsGetChecked®

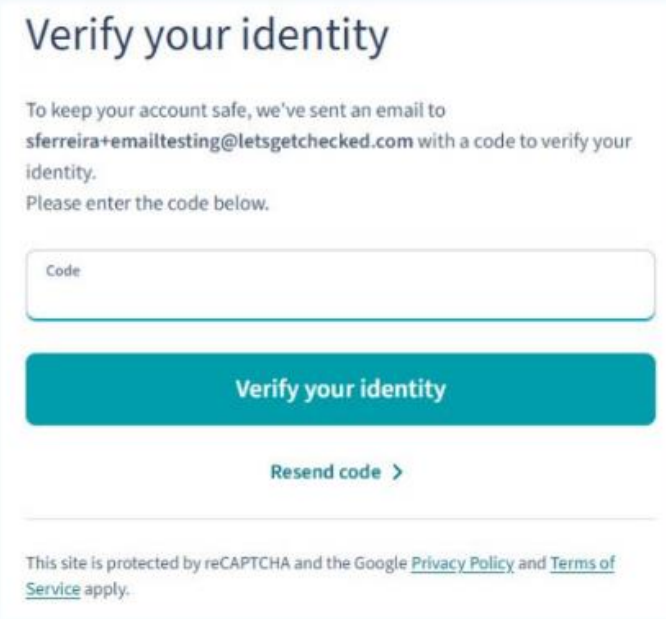
Go to url https://onsite-provider.letsgetchecked.com/ and follow these steps:



STEP 1
Enter your email address and click **Continue**.



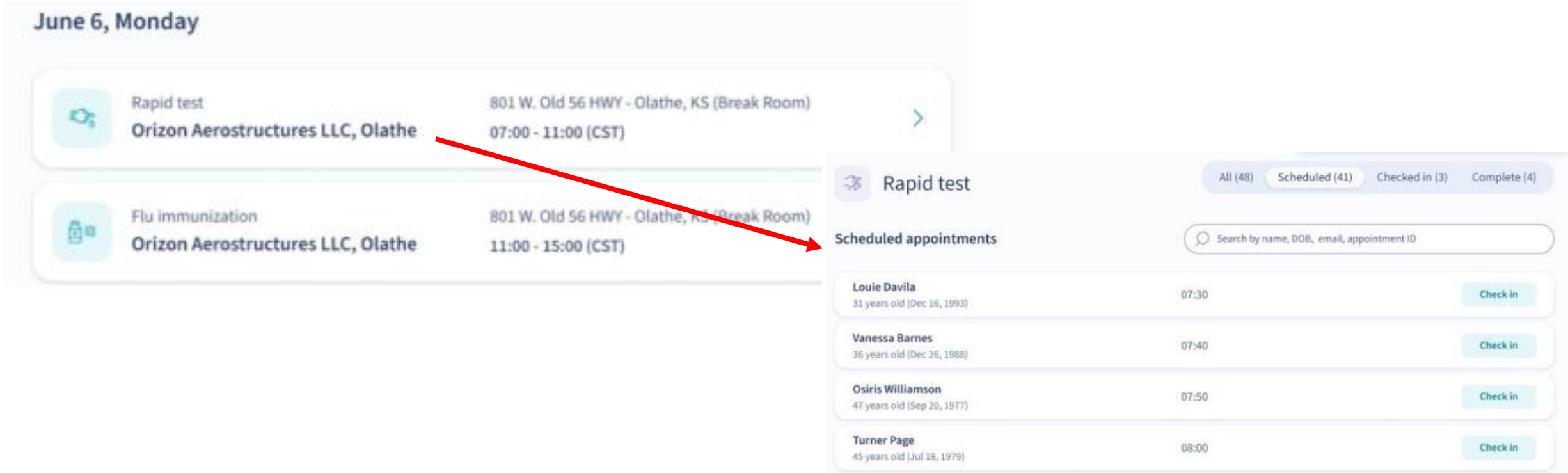
STEP 2
Enter your **password** and click **sign in.**



STEP 3
Enter the authentication code received on your email and click **verify your identity.**

My Events

Select today's event to view the appointment list.



If you do not see your assigned event within 24 hours of start-time, call USW (866) 881-7607

Appointment Navigation



Every appointment today in order of appointment time

Only shows appointments made today

Only those NOT checked in yet

*Preferred window for Admin use

Checked in but not yet completed

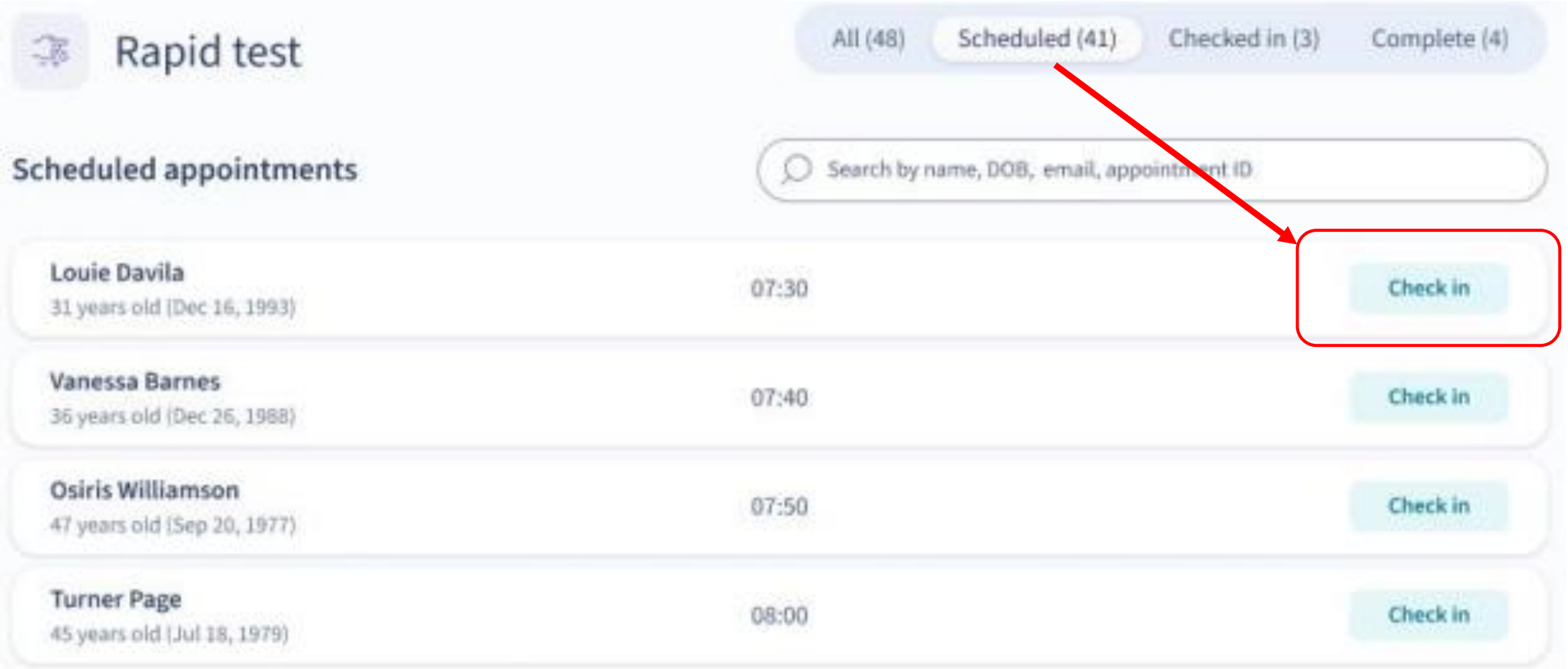
*Preferred window for Screener use

Today's completed appointments

On-Time Arrival Check-in

On-time appointments always take priority!

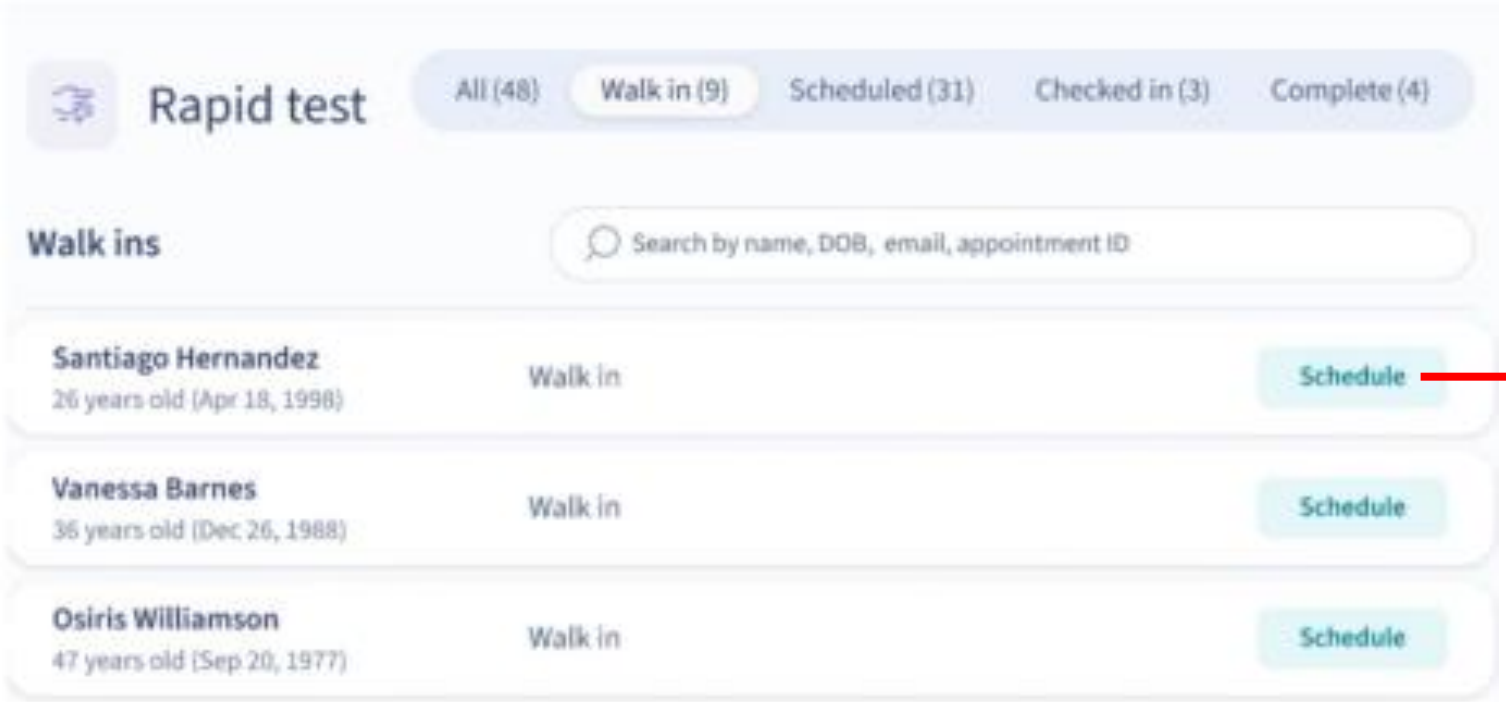
Select “Check In” button next to patient name.

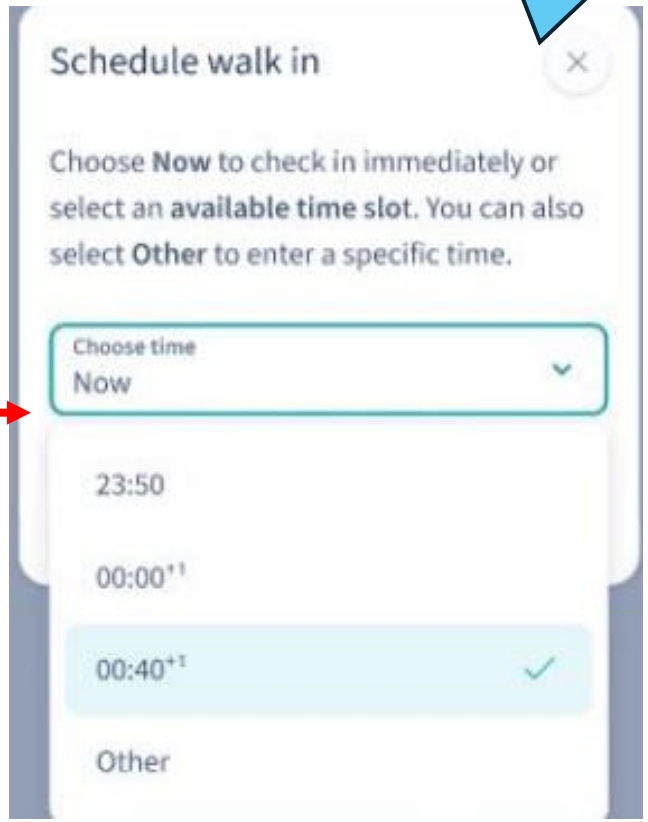


Walk-In

Assign “Walk-in” to an appointment time.

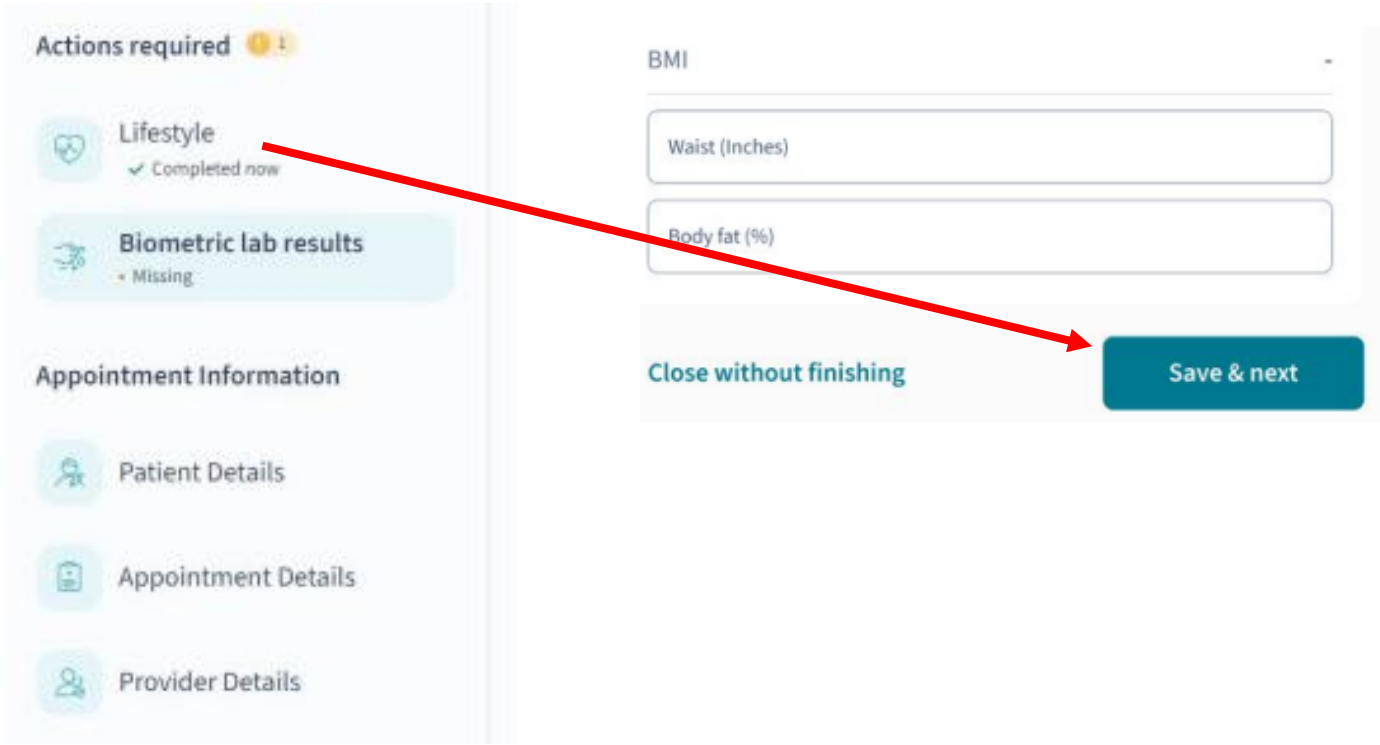
WALK INS MUST REGISTER





Lifestyle Data Entry

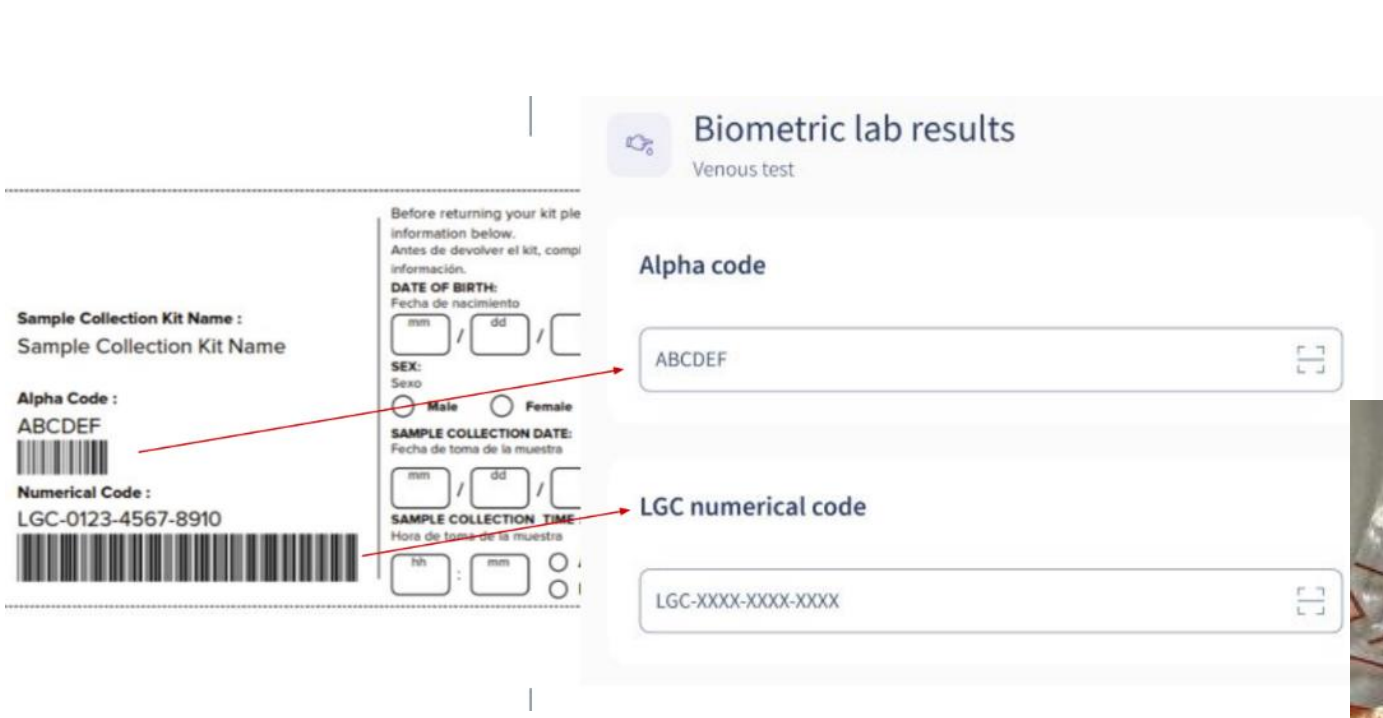
Verify name and DOB, complete lifestyle questionnaire, “Save & next”.



Scan Test Kit Codes

Alpha Code and Numerical Barcodes are to be scanned and printed to the following locations:

- Both vials (green & gray cap) have identical codes that match the biobag
- Double check the code that was scanned into OPA matches code on biobag & vials
- Codes should be printed onto the participant's Onsite Event Form



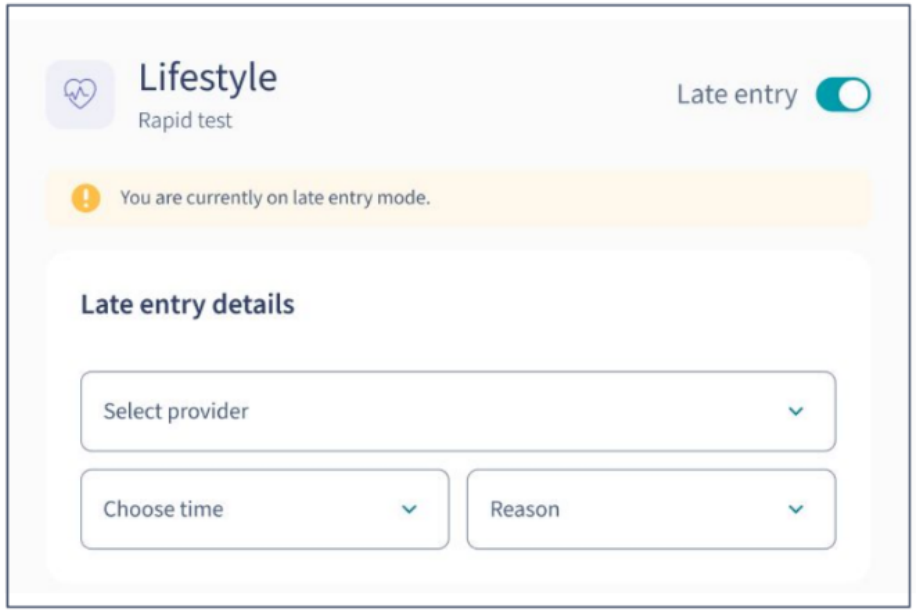




Late Data Entry

Procedure for entering data after appointment (when necessary)



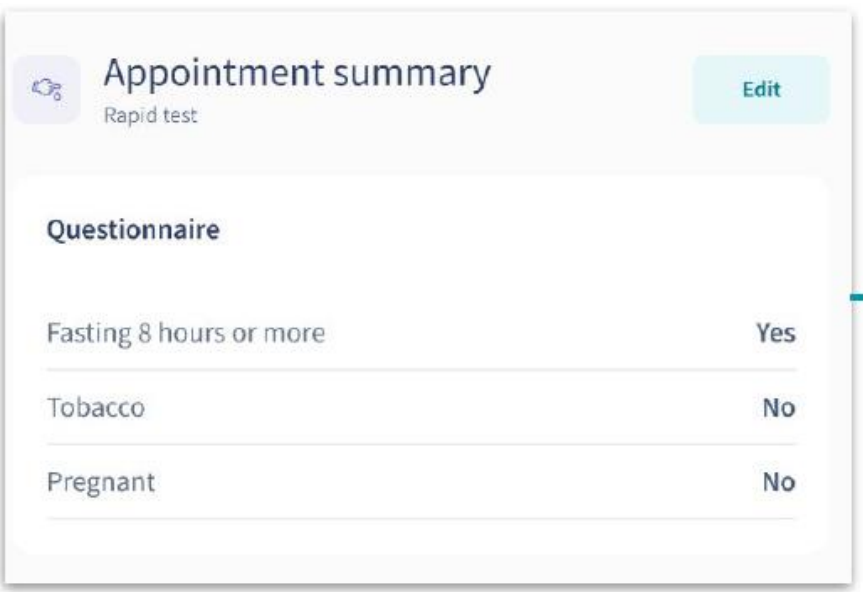


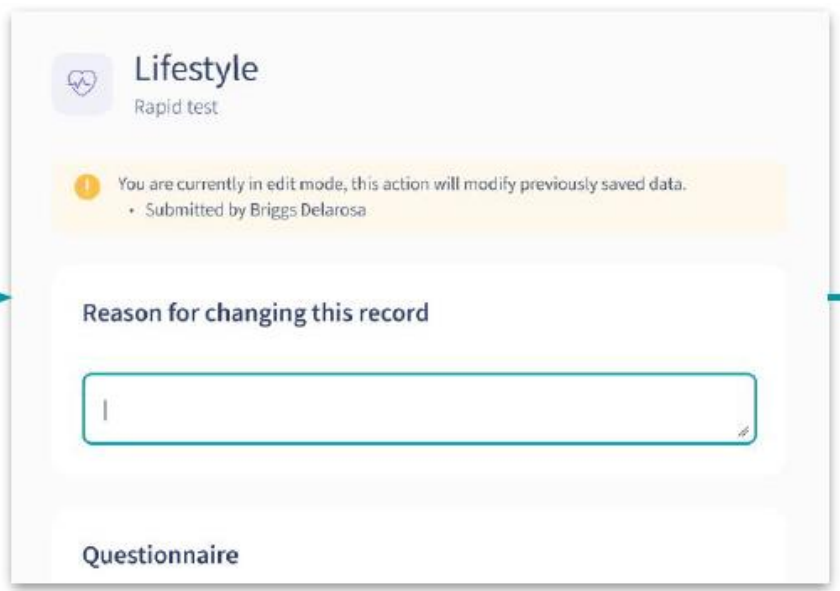
- Go to the Lifestyle page
- Select "Late Entry" at the top of the page
- Select provider/screener name
- Enter time when test was completed (not data entry time)
- Enter reason for late entry
  - No WIFI
  - System down
  - Other (add note)
- Complete Lifestyle and Lab Results
- Save and Complete

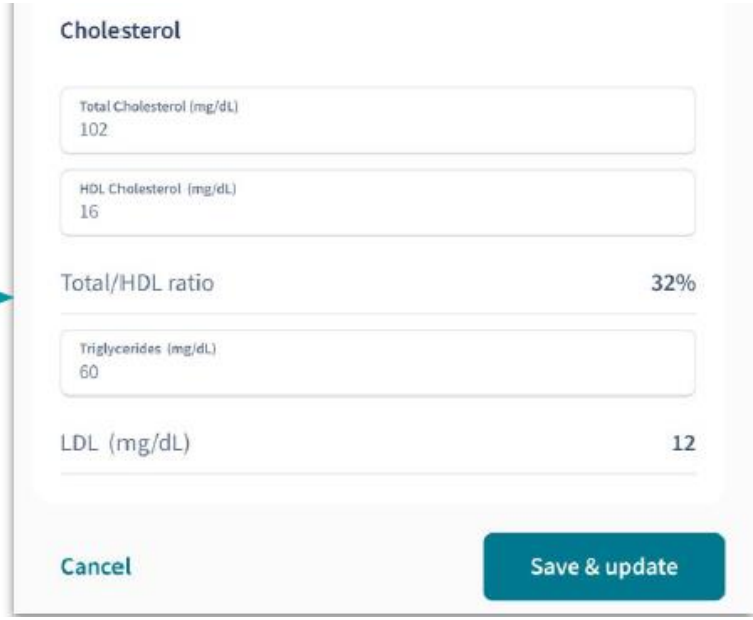
Editing Completed Records

Procedure for editing data after it has been saved & completed

1. **Verify name and DOB**
2. **Click on participant record**
3. **Select Edit**
4. **Add a reason for the change**
5. **Update any records that were entered in error**
6. **Click Save & Update**



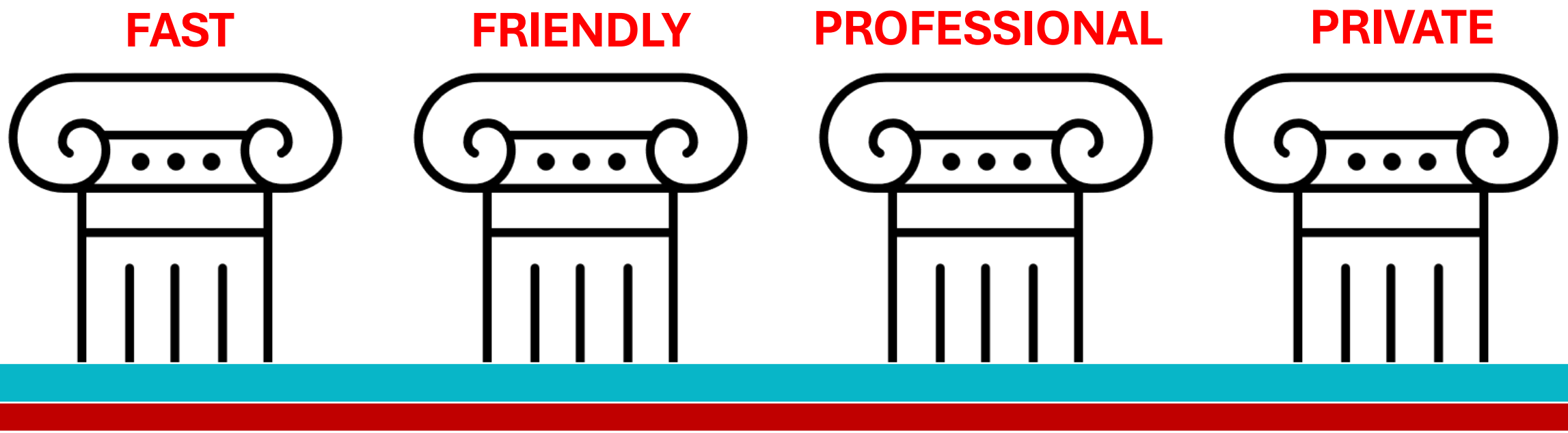




USWellness

LetsGet Checked

Pillars of Success



APPOINTMENT MANAGEMENT ENSURES FAST THROUGHPUT

- On time appts get priority
- Late and same day (walk in) appts adjusted as available
- Maintain 10-minute throughput
- Participant MUST have an appointment to be screened
- Let US Wellness help with anything unexpected

  CALL: 866-881-7607

  TEXT: 301-926-6099

*See instructions provided in your shipment on how participant can register based on their plan coverage (UHC Rewards, Rally, LetsGetChecked apps) or text your USW Manager for details.



CREATE A FRIENDY ENVIRONMENT

- Introduce yourself as the “LetsGetChecked” team
- Review team video (texted) upon arrival
- SMILE – help participants feel comfortable
- Be calm and organized
- Let US Wellness help with anything unexpected

  CALL: 866-881-7607

  TEXT: 301-926-6099



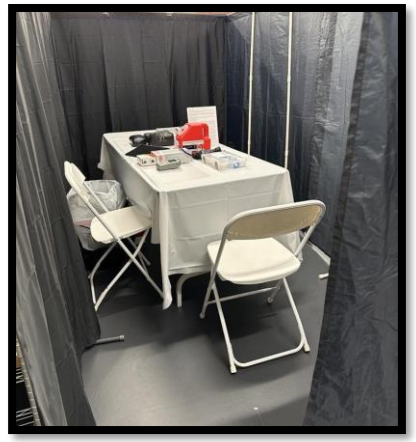
PROFESSIONAL PRESENCE

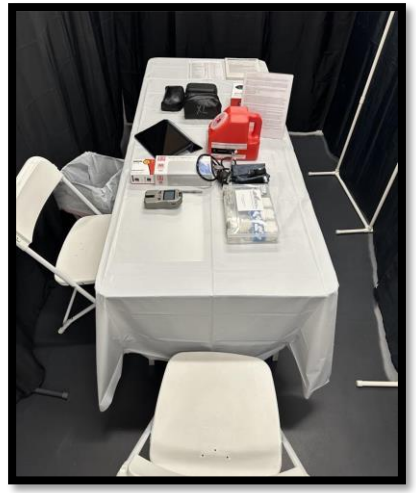
- Identify as "LetsGetChecked"
- No personal discussions among staff
- Name badge (first name)
- Dress Code
  - Black matching scrubs (required)
  - Sneakers/running shoes (No Crocs)
  - Socks required



PROPER SPACE SETUP ENSURES PRIVACY

- No view of participants during screening - use ALL privacy screens
- Set up a waiting area
- Display registration instructions and privacy policy provided in shipment
- Hide personal belongings
- Only water in screening area (no food, gum, coffee…)
- Cell phone on silent (US Wellness may reach out by phone or text)

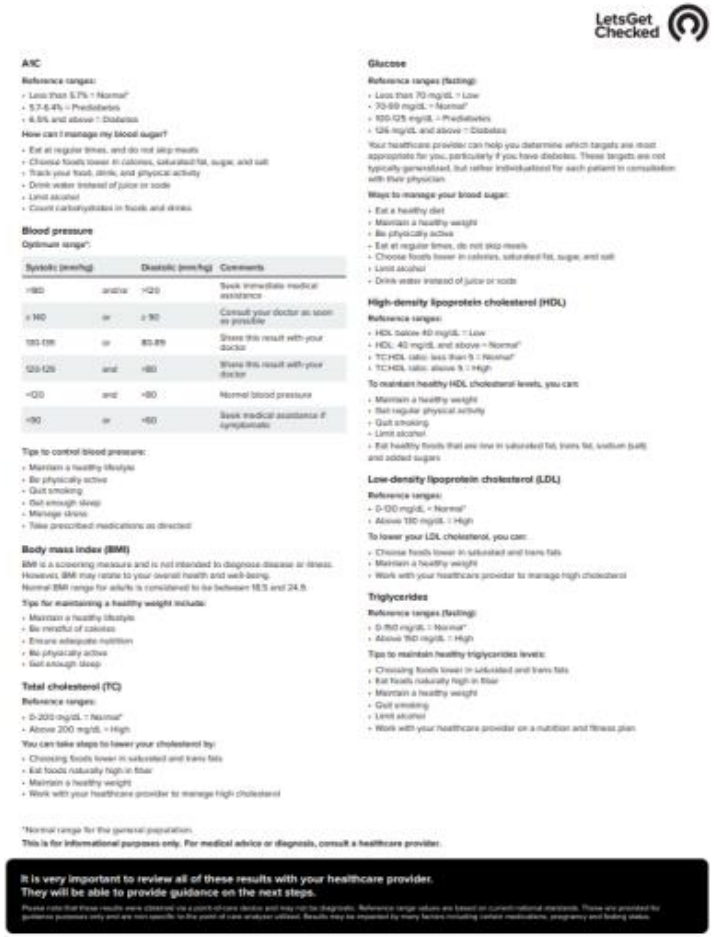




PRIVATE RESULT REVIEW

- A brief review of biometric results should be conducted with each participant before they leave the screening area.
  - Shown the backside of the results form, where each metric and optimal ranges are explained.
  - Speak to In-Range Metrics referencing the backside of the onsite event form
    - Let the participant know which metrics are within normal/optimal ranges and recommend they speak with their healthcare provider to discuss ways they may be able to maintain or improve those results based on their specific medical history.
  - Speak to Out-of-Range Metrics referencing the backside of the onsite event form
    - Let the participant know which metrics are considered out-of-range and recommend they speak with their healthcare provider to discuss ways they may be able to impact those results based on their specific medical history.

- Provide the bottom (yellow) copy of the **Onsite Event Form** to the participant and encouraged them to share the results with their healthcare provider.


LetsGet Checked

A1C

Reference ranges:

- Less than 5.7% = Normal*
- 5.7-6.4% = Prediabetes
- 6.5% and above = Diabetes

How can I manage my blood sugar?

- Eat at regular times, and do not skip meals
- Choose foods lower in calories, saturated fat, sugar, and salt
- Track your food, drink, and physical activity
- Drink water instead of juice or soda
- Limit alcohol
- Count carbohydrates in foods and drinks

Blood pressure

Optimum range*:

Systolic (mm/hg)		Diastolic (mm/hg)	Comments
>180	and/or	>120	Seek immediate medical assistance
≥ 140	or	≥ 90	Consult your doctor as soon as possible
130-139	or	80-89	Share this result with your doctor
120-129	and	<80	Share this result with your doctor
<120	and	<80	Normal blood pressure
<90	or	<60	Seek medical assistance if symptomatic

Tips to control blood pressure:

- Maintain a healthy lifestyle
- Be physically active
- Quit smoking
- Get enough sleep
- Manage stress
- Take prescribed medications as directed

Body mass index (BMI)

BMI is a screening measure and is not intended to diagnose disease or illness. However, BMI may relate to your overall health and well-being. Normal BMI range for adults is considered to be between 18.5 and 24.9.

Tips for maintaining a healthy weight include:

- Maintain a healthy lifestyle
- Be mindful of calories
- Ensure adequate nutrition
- Be physically active
- Get enough sleep

Total cholesterol (TC)

Reference ranges:

- 0-200 mg/dL = Normal*
- Above 200 mg/dL = High

You can take steps to lower your cholesterol by:

- Choosing foods lower in saturated and trans fats
- Eat foods naturally high in fiber
- Maintain a healthy weight
- Work with your healthcare provider to manage high cholesterol

*Normal range for the general population.

This is for informational purposes only. For medical advice or diagnosis, consult a healthcare provider.

Glucose

Reference ranges (fasting):

- Less than 70 mg/dL = Low
- 70-99 mg/dL = Normal*
- 100-125 mg/dL = Prediabetes
- 126 mg/dL and above = Diabetes

Your healthcare provider can help you determine which targets are most appropriate for you, particularly if you have diabetes. These targets are not typically generalized, but rather individualized for each patient in consultation with their physician.

Ways to manage your blood sugar:

- Eat a healthy diet
- Maintain a healthy weight
- Be physically active
- Eat at regular times, do not skip meals
- Choose foods lower in calories, saturated fat, sugar, and salt
- Limit alcohol
- Drink water instead of juice or soda

High-density lipoprotein cholesterol (HDL)

Reference ranges:

- HDL below 40 mg/dL = Low
- HDL 40 mg/dL and above = Normal*
- TC:HDL ratio: less than 5 = Normal*
- TC:HDL ratio: above 5 = High

To maintain healthy HDL cholesterol levels, you can:

- Maintain a healthy weight
- Get regular physical activity
- Quit smoking
- Limit alcohol
- Eat healthy foods that are low in saturated fat, trans fat, sodium (salt) and added sugars

Low-density lipoprotein cholesterol (LDL)

Reference ranges:

- 0-130 mg/dL = Normal*
- Above 130 mg/dL = High

To lower your LDL cholesterol, you can:

- Choose foods lower in saturated and trans fats
- Maintain a healthy weight
- Work with your healthcare provider to manage high cholesterol

Triglycerides

Reference ranges (fasting):

- 0-150 mg/dL = Normal*
- Above 150 mg/dL = High

Tips to maintain healthy triglycerides levels:

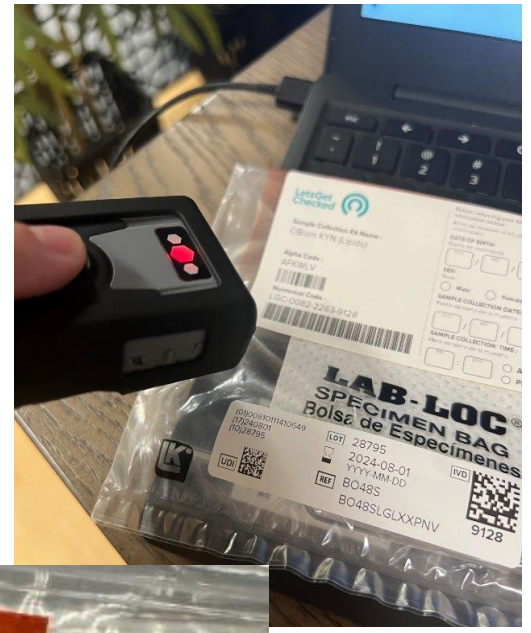
- Choosing foods lower in saturated and trans fats
- Eat foods naturally high in fiber
- Maintain a healthy weight
- Quit smoking
- Limit alcohol
- Work with your healthcare provider on a nutrition and fitness plan

It is very important to review all of these results with your healthcare provider. They will be able to provide guidance on the next steps.

Please note that these results were obtained via a point-of-care device and may not be diagnostic. Reference range values are based on current national standards. These are provided for guidance purposes only and are non-specific to the point of care analyzer utilized. Results may be impacted by many factors including certain medications, pregnancy and fasting status.

PROFESSIONAL MANAGEMENT OF VENOUS TUBES - PROPER LABELING AND PACKAGING

- Scan or type **Alpha Code** and **Numerical Code** into patient record on tablet
  - Numerical Code: LGC-1234-5678-9012
  - Alpha Code: ABCDEF
- Complete the biowaste bag Label with date of birth, sex (as show in appointment record), sample collection date and time
- Match codes on the tubes to the codes on biowaste bag label
- Place two tubes into the biowaste bag and seal the bag
- Place biowaste bag in cooler



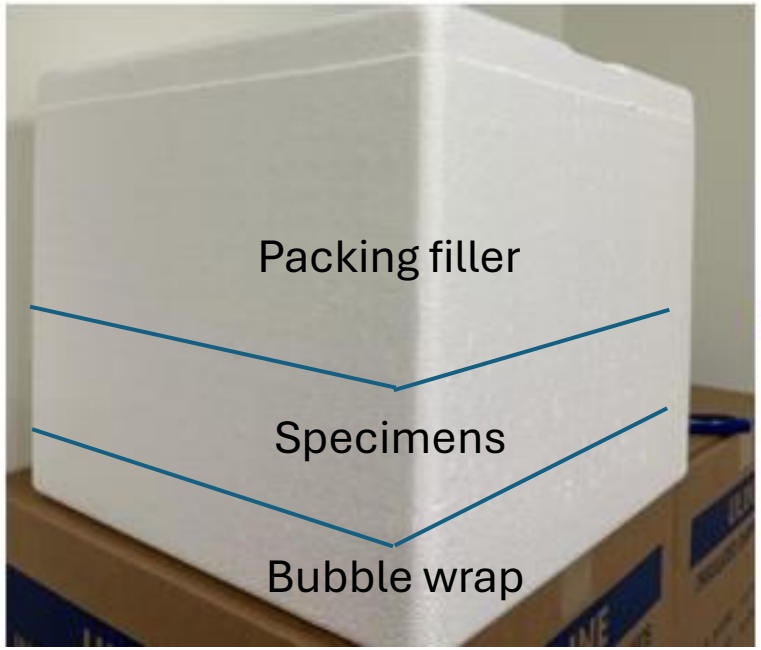




PROFESSIONAL MANAGEMENT OF VENOUS TUBES - PROPER LABELING AND PACKAGING

***If Directed to Use Cold Packs** - Cold packs should be placed at the bottom of an insulated shipping container and **must have a protective layer** of cardboard or bubble wrap placed between/separating the samples from the cold packs.*

1. Specimens placed on top of bubble wrap
2. Packing filler on top



Next, place the packed cooler inside the white shipping box and tape the box closed



Adhere the UPS label provided to the outside of the white shipping box. Confirm: shipping label is UPS NEXT DAY AIR to MONROVIA, CA

