



Tulsa FOP 93 Health and Welfare Trust

April 2024

Personal Health Assessment (PHA) Policies

During each annual open enrollment Tulsa FOP Health & Welfare Trust members and spouses are offered a free biometric screening, personal health assessment, and nicotine test. Participating in these free screenings is part of what qualifies the employee for premium incentives. Screenings can be completed at the annual health fair or in a CareATC clinic beginning May 1 through August 31. If you fail to complete your screening by the deadline you will not qualify for the premium incentives. The following exceptions, if they fall outside of the current PHA time period, will require the PHA to be completed during the next PHA time period.

- Childbirth – in order to obtain an accurate reading, women who are pregnant or have given birth will have a waiver during pregnancy and a one-year waiver from the date of birth.
- Addition of any eligible member to the plan.
- Under care – If you are inpatient in a hospital, skilled nursing unit, long term care, treatment facility or your physician documents that it is not recommended for you to participate in the screenings, you are not required to take your screenings during this time, which includes a 90-day waiver after your release.
- Academy graduation

If one of these exceptions applies to you, contact Rooney Insurance. Fop93@rooneyinsurance.com.