



Live Life  
Live Long  
Live Well™

## TESTING INSTRUCTIONS FOR HEALTHY MEASURES

### For testing with your professional healthcare provider

1. Go to MyAisleOne.com, link to BioIQ's site and print the Physician Results Form: MyAisleOne > Healthy Measures > Physician Results Form. The form will be pre-populated with your information.

Physician Results Forms are unique to each individual registered user. You will need to sign into BioIQ's website with your spouse/domestic partner's login information in order to print the Physician Results Form specific to your spouse/domestic partner. Your health care provider will need to complete all sections, sign the Physician Results Form, and fax the form to BioIQ at (888) 288-0377

2. The Nicotine test is not required. Your health care professional should check the appropriate box on the form to indicate your nicotine status.
3. **Your provider will need to identify this visit as a wellness/preventive visit on your claim to ensure the office visit falls under your preventive care benefit.**

### Plan-specific instructions

#### *Anthem Members:*

1. Go to MyAisleOne.com, link to BioIQ's site and print the Physician Results Form: MyAisleOne > Healthy Measures > Physician Results Form. Contact a professional health care provider to request a lab slip for blood work\* and make an appointment to have blood work done at a free-standing lab covered by your medical plan.
2. Make an appointment with your provider to discuss your lab results and to complete your BMI and blood pressure screenings.
3. Your professional health care provider must complete the Physician Results Form with your results and fax the completed form to BioIQ at (888) 288-0377.

*\*You must first make an appointment to establish a relationship with a professional health care provider in order to request a lab slip for blood work.*