

## Biometric Screening Frequently Asked Questions

### General Questions

**Q: I am not enrolled in an NMG medical plan. Should I still take the Biometric Screening?**

A: Yes, it's recommended that you take your Biometric Screening even if you are not enrolled in an NMG medical plan. As a benefits-eligible associate, you and your spouse/domestic partner are only allowed to complete the Biometric Screening before April 28, 2023 to earn the premium differential for the plan year beginning August 1, 2023. You will not be given another chance to complete the screening if you decide to enroll in an NMG medical plan at Annual Enrollment (or following a Qualified Life Event).

**Q: What is the full medical premium differential I can receive?**

A: The total premium differential you can receive is **\$800** if you do not cover a spouse/domestic partner under an NMG medical plan option. If you cover your spouse/domestic partner under an NMG medical plan option, the total premium differential you can receive is **\$1,600**. Here's how it works (savings per eligible person):

- Earn \$200 just for completing a Biometric Screening by April 28.\*
- Earn an additional \$600 if you passed the waist circumference and cotinine screenings. If you did not pass either or both screenings, you must enroll in the Marquee Health Coaching program by June 16, 2023 and complete four required coaching sessions by July 31, 2023 to receive the full premium differential.\*\*

\*If you were hired on or after August 1, 2022 and took your screening within 30 days of your hire date, you do not need to complete a Biometric Screening by April 28, 2023. You will receive the premium differential for the plan year starting August 1, 2023.

\*\*If you do not pass the tobacco screening you must complete the UBreathe Tobacco Cessation Program, and if you do not pass the waist circumference screening, you must complete the UBody Weight management Program to earn the medical premium differential. If you do not pass both the tobacco and waist circumference screenings, you must only complete one of the programs to earn the medical premium differential.

**Q: What if I or my spouse/domestic partner is pregnant?**

A: If you or your covered spouse/domestic partner is pregnant, and do not pass the waist circumference screening, you may have your physician complete and fax the [Quest Diagnostics Physician Affidavit Form](#) to earn the full premium differential.

**Q: How do I take my Biometric Screening?**

A: To schedule your screening:

- Log in to [NMGbenefits.com](https://nmgbenefits.com) and from the home page, click the *Schedule Your Biometric Screening* tile. If you have not previously registered on the [Quest Diagnostics](#)™ website, you'll need to register using the **registration key**: NeimanMarcus.

OR

- Call Quest Diagnostics Service Center at (855) 623-9355 from 7:00 a.m. to 8:30 p.m. Central time, Monday–Friday, and from 7:30 a.m. to 4:00 p.m. Central time on Saturday.

Once you are at a Quest Diagnostics Service Center, here's how it works:

1. You will undergo a simple blood draw along with a measurement of blood pressure, height, weight, and waist circumference. It's required that you fast 9 to 12 hours prior to your screening. If you don't fast, you may be asked to reschedule your screening.
2. Your blood sample will be sent to a Quest Diagnostics laboratory for testing.
3. You will receive a personal report via mail in two to three weeks that will show your test results. Results will also be available on the Quest Diagnostics website two to three days after your screening.
4. Take your personal report to your doctor on your next visit.

OR

- Attend an on-site Wellness Event in April. Wellness Event dates and the enrollment deadline will be communicated at your work location and can be found on Quest Diagnostics website.

**Q: Is there a deadline to schedule my screening at an on-site Wellness Event?**

A: Yes, we ask that you register for your screening at least 15 days prior to the start of your on-site Wellness Event to ensure we have appropriate staffing and supplies. A limited number of walk-in appointments may be available, but we recommend that you register for your screening to secure your spot.

**Q: What are the "NMG healthy ranges"?**

A: NMG has established healthy ranges for your Biometric Screening, based on nationally recognized wellness metrics for male and female adults.

- Blood pressure less than or equal to 130/80
- Total cholesterol less than or equal to 225
- Waist circumference for a man less than or equal to 40 inches
- Waist circumference for a woman less than or equal to 35 inches
- Test negative for cotinine (i.e., nicotine)

**Q: Should I fast before my screening?**

A: Yes, it's required that you fast 9 to 12 hours prior to your screening. If you don't fast, you may be required to reschedule your screening.

**Q: Can I schedule my screening during my shift?**

A: It's recommended that associates schedule their screening either before or after their shift.

**Q: Do I get paid for time spent taking a Biometric Screening?**

A: If you participate in an on-site Wellness event, you are paid for the time spent taking the screening. You will not be paid for completing your Biometric Screening at a Quest Diagnostics Service Center, regardless of whether there is an onsite screening event held at your location.

**Q: What does the Biometric Screening test?**

A: During your Biometric Screening, Quest Diagnostics will test and measure:

- Blood pressure
- Body mass index (BMI) calculation

- Cholesterol
- Cotinine
- Height
- Hemoglobin A1C
- Waist circumference
- Weight

**Q: What is cotinine?**

A: Cotinine is the lab term for nicotine. Cotinine is the major byproduct of nicotine when it metabolizes in the body. A positive result indicates smoking or the presence of a substance containing nicotine.

**Q: If I am on the nicotine patch and/or gum, will I test positive for cotinine? If so, will I need to enroll in the Marquee Health Coaching program?**

A: A positive result for cotinine indicates smoking or other substances containing nicotine. If you test positive, you will need to enroll in the Marquee Health Coaching program by June 16, 2023 and complete all four (4) coaching sessions by July 31, 2023 to receive the full premium differential.

**Q: What do I need to bring to my screening?**

A: If you are attending an on-site screening, you do not need to bring anything with you. When you receive your screening at a Quest Diagnostics Service Center, please bring a copy of your confirmation page from the online scheduler.

**Q: Can I go to my physician for my Biometric Screening if they screen for waist circumference and cotinine?**

A: No. Biometric Screenings performed by physicians will not be accepted.

**Q: My blood pressure and/or total cholesterol are above the NMG healthy ranges. Do I need to enroll in the Marquee Health Coaching program to receive the medical premium differential?**

A: No, you will still receive the premium differential if you complete the Biometric Screening and pass the waist circumference and cotinine screening. You should, however, speak to your doctor about your full results and any concerns you may have.

**Q: Why is NMG focusing on just waist circumference and nicotine?**

A: A high waist circumference and nicotine use can be linked to preventable and chronic conditions such as diabetes and heart disease.

**Q: What can I do if I think that I or my spouse/domestic partner may not be able to meet these standards?**

A: If you believe you are unable to meet a standard for a reward under this Wellness program (i.e., you or your spouse/domestic partner is pregnant), you might qualify for an opportunity to earn the same reward by different means. Contact the NMG Benefit Service Center at (866) 673-0462, and we will work with you (and, if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

**Q: Are my results confidential?**

A: Yes. Results are confidential and are protected by federal law. NMG will not have access to individual associate or spouse/domestic partner results.

## New hires

**Q: As a new hire, am I required to complete a Biometric Screening to earn the premium differential?**

A: Yes, if you complete your Biometric Screening within 30 days of your hire date, you will earn up to \$800 (or up to \$1,600 if you cover a spouse/domestic partner) towards your medical premium differential, regardless of your screening results. If you do not complete the Biometric Screening, you will not qualify for the premium differential.

NOTE: If you were hired on or after August 1, 2022 and took your Biometric Screening within 30 days of your hire date, you do not need to complete a Biometric Screening by April 28, 2023. You will receive the full \$800 premium differential (\$1,600 premium differential if you cover a spouse/domestic partner) for the plan year beginning August 1, 2023. You (and your spouse/domestic partner, if applicable) will be required to complete the Living Well Program requirements next year (2024) to earn the full premium differential.

**Q: As a new hire, does my covered spouse/domestic partner need to complete a Biometric Screening to earn the premium differential?**

A: No. If you have completed your Biometric Screening within 30 days of your hire date, your covered spouse/domestic partner will automatically receive up to \$800 towards the medical premium differential.

**Q: As a new hire, will my premium differential be pro-rated?**

A: Yes. As a new hire, once you complete your Biometric Screening, you will begin to receive premium differential credits beginning the first of the month following 30 days from your hire date and continuing through the end of the plan year (July 31). In the first full plan year following your hire, you will be eligible to receive the full premium differential.

## If You Cover Your Spouse/Domestic Partner

**Q: My spouse/domestic partner is not enrolled in an NMG medical plan. Do they still need to take a Biometric Screening?**

A: Yes. This way you'll still be eligible for the premium differential if you enroll your spouse/domestic partner in NMG benefits during Annual Enrollment or if you have a Qualified Life Event during the year and need to enroll your spouse/domestic partner in NMG benefits.

**Q: How does my spouse/domestic partner sign up for a Biometric Screening?**

A: Before your spouse/domestic partner schedules a Biometric Screening, visit the NMG Benefit Service Center via [NMGbenefits.com](https://nmgbenefits.com) by clicking *Your Profile* in the top-right corner of the portal and selecting *Dependent Summary*. If they are not listed, you can add them by selecting *Manage Beneficiaries*.

Your spouse/domestic partner can schedule a screening by visiting [NMGbenefits.com](https://nmgbenefits.com) and clicking the *Biometric Screening* link on the login page to access the scheduler (using the **registration key**: NeimanMarcus, or by calling Quest Diagnostics Blueprint for Wellness at (855) 623-9355 from 7:00 a.m. to 8:30 p.m. Central time, Monday through Friday, and 7:30 a.m. to 4:00 p.m. Central time on Saturday. They will need to use your associate ID with the letter "s" at the end (example: 123456s) and their date of birth, at the time of the booking.

**Q: How do I (or my spouse/domestic partner) complete the Marquee Health Coaching program?**

A: If you and your spouse/domestic partner do not pass the waist circumference and/or cotinine screening, contact Marquee Health at (800) 882-2109, by email at [coaching@marqueehealth.com](mailto:coaching@marqueehealth.com),

or visit [mymarqueehealth.com](http://mymarqueehealth.com) and use the code **nmg** to register for a new account. You and/or your spouse/domestic partner will need to enroll in the Marquee Health Coaching program by June 16, 2023 and complete the required four (4) coaching sessions by July 31, 2023 to be eligible for the **full** premium differential. You'll receive the premium differential even if you did not pass the waist circumference and/or cotinine screening.

**Q: What happens if I cover my spouse/domestic partner under the NMG medical plan and I complete the program components, but my spouse/domestic partner does not?**

A: If you complete the program components and your spouse/domestic partner does not, you will only receive a maximum \$800 premium differential. The same is true if your spouse/domestic partner completes the program components and you do not.

## Health Coaching Program

**Q: How do I contact Marquee Health?**

A: You can contact Marquee Health by phone at (800) 882-2109, by email at [coaching@marqueehealth.com](mailto:coaching@marqueehealth.com) or visit [mymarqueehealth.com](http://mymarqueehealth.com) and use the code: **nmg** to register for a new account and to schedule your health coaching sessions.

**Q: What is the deadline to complete the Marquee Health Coaching program?**

A: The deadline to complete four (4) required health coaching sessions and receive the full premium differential is July 31, 2023.

**Q: When will I receive my premium differential?**

A: If you (and your spouse/domestic partner, if applicable) pass the waist circumference and cotinine screening during your Biometric Screening, you will receive your full premium differential applied to your paycheck beginning August 1, 2023.

If you (and your spouse/domestic partner, if applicable) do not pass the waist circumference and/or cotinine screening and complete the Marquee Health Coaching program by **July 31, 2023**, you will see premium differential credits applied to your paycheck beginning in September 2023. The first credits will include additional premium differential credits due from August 1 through September.

**Q: How many Marquee Health Coaching program sessions do I need to complete?**

A: You must complete four (4) sessions with a Marquee Health coach to earn the full premium differential. You will need to enroll in the Marquee Health Coaching program by June 16, 2023 and complete the required four (4) coaching sessions by July 31, 2023.

**Q: Does Marquee Health have bilingual health coaches who speak Spanish?**

A: Yes. Associates and/or spouses/domestic partners can request to speak with a Spanish-speaking health coach when scheduling their first coaching call.

**Q: Can I receive partial credit for the premium differential if I do not complete my Biometric Screening, but I complete all four sessions of the Marquee Health Coaching program?**

A: No. You must complete the Biometric Screening at a Quest Diagnostics Service Center or at any NMG location hosting an on-site Wellness Event by April 28, 2023 to receive any credit for the premium differential.