



City of Gulfport Wellness Program Requirements 2013

Program Requirements

Employees must have a medical provider complete an **Initial Wellness Verification Form** which can be found on the City of Gulfport website under the Human Resources Dept or the Human Resources office. Once completed, the form must be forwarded to **Medical Analysis Clinic, ATTN: Wellness Program Reviewer**. The form will list any identified health risk (if any) and targeted goal (s) to address the health risk (s).

Medical Analysis Clinic or Personal Physician

- Complete wellness examination and/or Health Risk Assessment to include blood pressure, height and weight, Metabolic Panel, Fasting Lipid Profile, Complete Blood Count with Differential Platelets, Thyroid Stimulating Hormone.

**HEALTH RISK ASSESSMENT MUST BE COMPLETED NO LATER THAN
MAY 30, 2013.**

Wellness Exams-Age appropriate exams are paid for at 100% if a medical problem is not discovered or diagnosed.

- Have Medical Provider complete Initial Employee Wellness verification form (on Human Resources website) and develop goals based upon identified health risk (s).

For additional information, please see **Frequently Asked Questions** on the Human Resources Wellness webpage.

In order to meet your wellness goals and to receive a **discounted** insurance premium you will be required to:

- ❖ Complete health risk assessment and discuss wellness goals with wellness provider
- ❖ Meet at least **50%** of your wellness goals