

CITY OF GULFPORT WELLNESS PROGRAM 2011



Do You Want a Lower Health Insurance Premium?

If you meet certain **health related goals**, starting July 2011, you will qualify for a reduction in your health insurance premium (chart shown on additional page). This is a **voluntary** program.

GUIDELINES

- Complete **wellness exam** consisting of a **health risk assessment**, testing the following: blood pressure, height, weight, complete metabolic panel, fasting lipid panel, complete blood count with differential platelets, thyroid stimulating hormone, urinalysis testing for nicotine.
- Males over 40 Prostate special antigen
- Females ages 19 or older annual pap smear and pelvic exam/clinical breast exam.
- Females age 35-39 mammogram periodically or annually in patients with positive family history.
- Females age 40 and older mammogram every 1-2 years
- Age 50 and older stool for occult blood check yearly
- Age 50 and older a colonoscopy every 10 years

Health Risk Assessment can be conducted by Nurse Practitioner at Med Analysis Clinic (**by appointment only**) or by your private Physician. If conducted by Physician, report must be forwarded to Med Analysis Clinic, the gatekeeper for the medical records. **This report will be kept confidential. Wellness Exams are covered under all options of the health plans at 100%, with no co-payment.**

HEALTH RISK ASSESSMENT MUST BE COMPLETED BETWEEN 12/27/10 - 2/15/11

Based upon results of your health risk assessment, specific classes will be conducted to address health related concerns.

Classes will be conducted beginning in March 2011. Identified classes must be completed no later than June 15, 2011 in order to receive discount, effective July 1. (Complete details can be found on Human Resources website, under Wellness information.)