

# City of Gulfport Wellness Program 2014



## Do You Want a Lower Health Insurance Premium? Do you Want to Save up to \$50.00 per month towards your Health Insurance Premium?

If you meet certain **health related goals**, you will qualify for a reduction in your health insurance premium **starting summer of 2014**. This is a **voluntary outcome-based** wellness program.

### GUIDELINES

- Go online to [mybenefitschannel.com](http://mybenefitschannel.com) to access an **Initial Wellness Verification Form**. You must first register by setting up a secure password in order to later access your information. The form is located under the **Wellness Center/ (Wellness Tutorial section)**.
- Complete **wellness exam with the Nurse Practitioner or private medical provider**, 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.
- Once you have been seen by the Nurse Practitioner at Medical Analysis Clinic and/or your private medical provider you must provide results to Medical Analysis Clinic. Medical Analysis will post your test results on [mybenefitschannel.com](http://mybenefitschannel.com) **within two (2) weeks** of your visit. In order to qualify for the premium discount you must complete the Health Risk Assessment and other program requirements listed on [mybenefitschannel.com website](http://mybenefitschannel.com).
- Receive age-appropriate wellness exams.

If Wellness exam is conducted by **Physician**, report must be forwarded to **Wellness Program Reviewer** at Med Analysis Clinic, the gatekeeper for the medical records. **This report will be kept confidential. Wellness Exams are covered under our health plans at 100%, with no co-payment (if a diagnosis is not rendered).**

### **HEALTH RISK ASSESSMENT MUST BE COMPLETED BETWEEN February 1, 2014 – March 31, 2014**

Based upon results of your health risk assessment, you will have to meet specific goals to address your identified medical risk, i.e., high cholesterol, diabetes, high blood pressure, and meet **at least 50%** of your identified goal (s).

All program requirements must be completed no later than **June 30, 2014** in order to receive discount, effective the second pay period in July. **(Complete details can be found on Human Resources website, under Wellness information.)**

If you need additional information, please access website or call Human Resources at 228.868.5831