



City of Gulfport Wellness Program Requirements 2016

Program Requirements

Employees must have a medical provider complete an **Initial Wellness Verification Form** which can be found on the City of Gulfport's website under the Human Resources (**Wellness**) section or by accessing it directly at mybenefitschannel.com website. You must first register by setting up a secure password in order to later access your information.

Once completed, **you will be responsible for inputting your exam results into mybenefitschannel.com.** The form will list any identified health risks (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, Thyroid Stimulating Hormone, and/or age related test (s).

HEALTH RISK ASSESSMENT MUST BE COMPLETED NO LATER THAN MARCH 11, 2016

Wellness Exams/Screenings-Age appropriate exams are paid for at 100% if a medical problem is not discovered or diagnosed. For a list of recommended wellness screenings please refer to list on Human Resources website.

- Have Medical Provider complete Initial Employee Wellness verification form, (on Human Resources website), or if you are seen at Medical Analysis Clinic, the Nurse Practitioner will give you a copy of your form, once completed.
- Post your test results on mybenefitschannel.com **Failure to post accurate information will result in you being disqualified for an entire year.**
- In order to qualify for the premium discount you must complete the Health Risk Assessment and other program requirements listed on mybenefitschannel.com **website.** If you have any identified health risks and goals, you must have a **follow up visit**, with your medical provider to see if your identified goals have been achieved.

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

In order to meet your wellness goals and to receive a **discounted** insurance premium starting the **second pay period** in **July 2016** you will be required to: **Complete Health Risk Assessment, discuss wellness goals with provider, and if needed, have follow up exam before June 30, 2016, AND meet at least 50% of your wellness goals. If Nurse Practitioner determines the necessity for an additional visit it will be scheduled before the end of 2016.**