

City of Gulfport

Wellness Plan Design 2020

Eligible Participants: Medical Plan Employees and *New Hires (*no new hires with a medical benefit end date after 9/15/2020 will be eligible for the wellness program)

Incentive: Wellness credit based on full compliance with **required** program activities as outlined below.

Wellness Plan Year: 1/2/2020 to 10/15/2020

Complete the required activities to earn 150 points.

- ✓ If you complete by 6/15/2020, you will be eligible for a wellness credit applied 7/16/2020. (7/16/2020-6/30/2021)
- ✓ If you complete by 10/15/2020 you will be eligible for a wellness credit applied 11/19/2020. (11/19/2020-10/31/2021)

Wellness Activities	
REQUIRED	1/2/2020-10/15/2020
<p>Wellness Screenings (Required)</p> <p>For current active employees:</p> <ul style="list-style-type: none"> • Complete a wellness screening at Medical Analysis Clinic or with your Primary Care Provider between 1/1/2020 and 3/13/2020. <p>For new hires in 2020:</p> <ul style="list-style-type: none"> • Complete your wellness screening at Medical Analysis Clinic or with your Primary Care Provider within 60 days of your date of hire. <p>All screenings must be completed by 6/15/2020 to be eligible for the premium credit applied on 7/16/2020 OR completed by 10/15/2020 to be eligible for the wellness credit to be applied on 11/19/2020.</p> <p>To complete your screening through your personal healthcare provider, please use the Employee Wellness Verification Form (can be found in your member portal) and follow the instructions to fax the form and results to Medical Analysis Clinic.</p> <p>Please allow 10 business days for the submitted documentation to be reviewed and have points added to your online account.</p>	50
<p>Screening Results Discussion (Required)</p> <ul style="list-style-type: none"> • Complete a follow up visit to review your screening test results with Medical Analysis or your Primary Care Provider. • Based upon those results, you may or may not have goals to achieve. Please note, that follow up visits to achieve these goals may be recommended by Medical Analysis or your Primary Care Provider. 	50

<p>Additional Follow Up Visits (Required)</p> <ul style="list-style-type: none"> • If additional follow up visit(s) based on your screening results are recommended by Medical Analysis or your Primary Care Provider, the visits must be completed by 6/15/2020 for the credit applied 7/16/2020 OR by 10/15/2020 credit applied on 11/19/2020. • Once your follow up visits are completed with your Primary Care Provider, you must provide evidence of completion by documenting the visits on the Employee Wellness Verification form and submitting to Medical Analysis. • Once your required visit(s) is or are completed, the points will be awarded. <p>Note: If no follow up visits are recommended, points will be automatically awarded for this activity.</p>	25
<p>Health Risk Assessment (Required)</p> <ul style="list-style-type: none"> • Complete your online Health Risk Assessment (HRA - can be found in your member portal) – A confidential, 10-15 minute on-line survey on your health, lifestyle and status of your preventive medical care. 	25
<p>ADDITIONAL ACTIVITIES (these activities are not included in the requirements for the premium credit; however, we encourage you to complete these important annual exams</p>	
<p>*Annual wellness exam (with Primary Care provider) Look back to 10/1/2019</p>	1
<p>*Annual dental exam. Look back to 10/1/2019</p>	1
<p>*Annual vision exam Look back to 10/1/2019</p>	1

***please note that you will be receiving an email monthly starting 1/2/2020 with the opportunity to indicate completion of a wellness exam, dental and/or vision exam by clicking on "select yes or select no" ...it's that simple!!**

The first email you receive will ask if you've completed either exam between October 1, 2019 through 12/31/2019. The next email will be sent on or around 2/1/2020 and your selection will indicate completion or not in the month of January 2020. Each monthly email's selection will reflect the previous month. Your selection of "yes" for completion of any of the additional activities wellness exams will be recorded as complete.