

# How To Put More Money in Your Wallet



## Do you want to lower your Health Insurance Premium and 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 the summer of 2020**. This is a **voluntary health-contingent** wellness program.

### GUIDELINES

- Schedule and complete a **wellness exam with the Nurse Practitioner at Medical Analysis Clinic or with your primary care 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.
- Have your provider complete an **Initial Wellness Verification Form** which can be found on the City of Gulfport's website on the Human Resources webpage, under the **Workplace Wellness** section. If you are seen at **Medical Analysis Clinic**, forms will already be on hand.
- If you are seen by your primary care provider, you must provide your initial result to Medical Analysis Clinic within two (2) weeks. You may have goals to achieve and must provide follow up results to Medical Analysis clinic by 6/15/2020 or 10/15/2020.
- Complete your online Health Risk Assessment- HRA can be found in your HClactive member portal at <https://hci.healthspace.net>.

If you haven't already registered under <https://hci.healthspace.net>, you must register by setting up a secure password in order to later access your information.

If Wellness exam is conducted by **your primary care provider**, report must be forwarded to the **Wellness Program Reviewer** at Medical 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.**

## **WELLNESS EXAMS MUST BE COMPLETED BETWEEN JANUARY 2, 2020 –MARCH 13, 2020**

In order to qualify for the premium reduction you must complete the Wellness Plan Design required Wellness Activities.

Based upon results of your wellness exam, you may 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 15, 2020** to receive the discount, effective the second pay period in July or **October 15, 2020** to receive the discount, effective second pay period in November. **(Complete details can be found on Human Resources website, under Workplace Wellness information.)**

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