

City of Gulfport Wellness Program 2016



Do You Want to lower your 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 2016**. This is a **voluntary health-contingent** wellness program.

GUIDELINES

- Schedule and complete a **wellness exam with the Nurse Practitioner at Medical Analysis Clinic 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.
- Have your 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. If you are seen at **Medical Analysis Clinic**, forms will already be on hand. 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)**.
- Once you have been seen by your medical provider you must provide results to Medical Analysis Clinic. **You will be responsible for posting your results on mybenefitschannel.com within two (2) weeks**. 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 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.**

HEALTH RISK ASSESSMENT MUST BE COMPLETED BETWEEN JANUARY 5, 2016 –MARCH 11, 2016

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, 2016** 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