



## OAHS WELLNESS PROGRAM 2019

### \*\*Participation required to qualify for Wellness Discount\*\*

#### 1. Annual Physical

- a. Must be completed during 2018; submit "Proof of annual exam" form to HR
- b. If you haven't had your exam yet in 2018 – make your appointment now!

**\*\*\* If your appointment is scheduled into 2019 due to your provider's availability, you must let HR know when your appt. is scheduled and bring in proof of physical right after appointment**

#### 2. Wellness: Lab Draws & Employee Health Screens

- a. **Set for November 6, 7 and 8, 2018 → Fasting required!**
- b. Will include lab draws, blood pressure, BMI, etc.
- c. To receive wellness discount:
  - i. Authorization is required to allow us include you data in the collective data set
  - ii. Agree to consult with a health coach for any lab/wellness screens flagged as indicating high risk

**\*\*\* If you are unable to attend these days you must notify HR immediately**

#### 3. Overall health and wellness goals

- a. You will be given a packet of information.
  - i. Complete required forms and return to the Wellness table
  - ii. Some pages will be informational - please take time to review these resources – they may be of help for you or for your loved ones.
- b. *Optional health benefit: I Can Prevent Diabetes Program* - free to interested employees *if* you meet qualifications per CDC guidelines)

**NEW HIRES:** must have annual exam within past 12 months or make appointment as soon as new coverage allows

#### NOTES

- ◆ Failure to complete all the steps for participation as noted above, forfeits the discounted wellness discount.
  - ◆ **Heads up for 2020:** Smokers/tobacco users will not qualify for the wellness discount. You may want to consider "quitting" in 2019. Smoking cessation resources are available – just ask!
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