



## OAHS WELLNESS PROGRAM 2021

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

#### **1. Annual Physical** *(required)*

- a. Must be completed during 2020; submit "Proof of annual exam" form to HR
- b. If you have not had your exam yet in 2020 – make your appointment now.  
*\*\* If your appointment is scheduled into 2021 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** *(optional for 2021)*

- a. Lab will take 5 employees per day during this time Nov. 2<sup>nd</sup> – Dec. 31<sup>st</sup> Monday-Friday (excluding holidays).
- b. **Fasting is required!**
- c. To schedule your appointment call Rochelle at x4313 or email her at [Rochelle.Reede@oahs.us](mailto:Rochelle.Reede@oahs.us)
  - i. If no answer, leave your name & phone number and she will contact you; do not leave PHI
  - ii. This is employer paid and will be scheduled under out corporate account.
  - iii. If you are unable keep your appointment contact Rochelle ASAP to reschedule.
- d. Authorization is required to allow us include you data in the collective data set.
- e. OAHS pays for your lab work but if you come in on your day off, it is not paid time.

#### **3. Tobacco Free** *(required)*

- a. Complete tobacco use assessment with your Open Enrollment forms;
  - i. If you are a tobacco user or have used in the past year, agree to participate in tobacco cessation program as recommended. Cessation classes are minimum of 4 sessions.
  - ii. If you've been through Kelsey's cessation classes and didn't quit, you will need to visit with Kelsey about your readiness to repeat the class. If not ready, you will not qualify for the wellness discount.

#### **4. Agree** to consult with a health coach for any lab/wellness screens flagged as indicating high risk

**NOTE:** Failure to complete all the steps for participation as noted above, forfeits the wellness Discount and potential additional HSA matching funds.

**NEW HIRES qualifying for Wellness** must provide proof of an annual exam within past 12 months or make an appointment as soon as new coverage allows.

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