

# Glynn County Wellness Program Specifics



THE  
POWER  
TO BE WELL



# Remarkably **Different** Healthcare

We're changing the way healthcare is delivered.



# Who Is Eligible?

Employees,  
spouses and  
dependent children  
ages 19-26 on the  
Health Plan.



# Wellness Program Requirements

**1** Complete a Personal Health Assessment (PHA)

**2** Participate in health coaching, if deemed eligible

**3** Participate in Tobacco Cessation Program for employees that test positive

Employees and spouses covered on the County's health plan will incur a \$23 bi-weekly wellness premium increase or a \$50 monthly wellness premium increase for noncompliance until the required PHA is completed. Noncompliance for PHA and/or Health Coaching participation applies to the employee and their spouse on the health plan; however, there will be only one surcharge per household.

Employees that are on the County's health plan will incur a \$23 bi-weekly wellness premium increase or a \$50 monthly wellness premium increase for noncompliance.



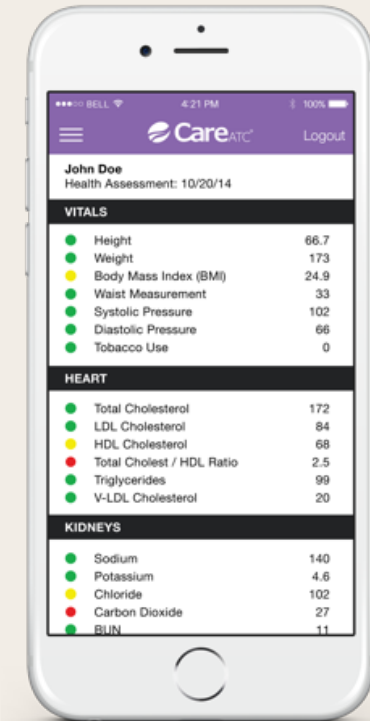
# Personal Health Assessments (PHA)

- Biometric Screening
- Personalized Results
- PHA Live Video
- High-risk Outreach
- In-house Phlebotomy Team
- Aggregate Reporting



# Your Results Are In.

Text-notification for online and app access, or mailed to the home.



John N. Doe  
1234 S Elm St.  
Tulsa, OK 74134

## IMPORTANT

### HOW TO ACTIVATE YOUR PATIENT PORTAL ACCOUNT

1. Visit [patients.careatc.com](http://patients.careatc.com)
2. Click "Use Access Code"
3. Enter your access code: **2e6bbf**
4. Follow the instructions on the site

## RESULTS AT A GLANCE

### CURRENT RISK LEVEL



Your Personal Health Summary contains **critical** values.

### NOTICE

These results are not a diagnosis. We encourage you to review results with your healthcare provider by scheduling a PHA follow up.

### HOW TO READ YOUR RESULTS

- **Normal** Results that fall within the normal range are displayed in green.
- **Abnormal** Results that fall within the abnormal range are displayed in yellow. The term "abnormal" indicates the values lay outside of normal ranges and should be monitored and discussed with your doctor.
- **Critical** Results that fall within the critical range are displayed in red. Lab values within the critical range should be addressed by your doctor immediately.

### VITALS

Test Name	Result	Risk	Previous	% Change	Normal
Height	66.75	●	66.75	0	0-99
Weight	164	●	162	-1%	0-99
Body Mass Index (BMI)	25.9	●	23.2	10%	18.5-24.9
Waist Measurement	33	●	32	-3%	0-44
Systolic Pressure	102	●	118	16%	0-149
Diastolic Pressure	66	●	71	8%	65-79
Tobacco Usage	YES	●	YES	NA	NO

### HEART

Test Name	Result	Risk	Previous	% Change	Normal
Total Cholesterol	66.75	●	66.75	0	0-99
LDL Low Density Lipoproteins	164	●	162	-1%	0-99
HDL High Density Lipoproteins	25.9	●	23.2	10%	18.5-24.9
Ratio of Cholesterol to HDL	33	●	32	-3%	0-44
Triglycerides	102	●	118	16%	0-149

## MORE INFO →

### KIDNEYS

Test Name	Result	Risk	Previous	% Change	Normal
Sodium (Na)	66.75	●	66.75	0	0-99
Potassium (K)	164	●	162	-1%	0-99
Chloride (Cl)	25.9	●	23.2	10%	18.5-24.9
Carbon Dioxide (CO2)	33	●	32	-3%	0-44
Blood Urea Nitrogen (BUN)	102	●	118	16%	0-149
Creatinine, Serum	0.84	●	.87	1%	0.57-1.00
BUN/Creat Ratio	14	●	16	1%	9-23
Calcium (Ca)	9.9	●	9.4	1%	8.7-10.2

### ENDOCRINE

Test Name	Result	Risk	Previous	% Change	Normal
Glucose (Glu)	66.75	●	66.75	0	0-99
Hemoglobin A1c (HbA1c)	164	●	162	-1%	0-99
Thyroid Stimulating Hormone	25.9	●	23.2	10%	18.5-24.9
PSA	0.6	●	0.6	0	0-4

### LIVER

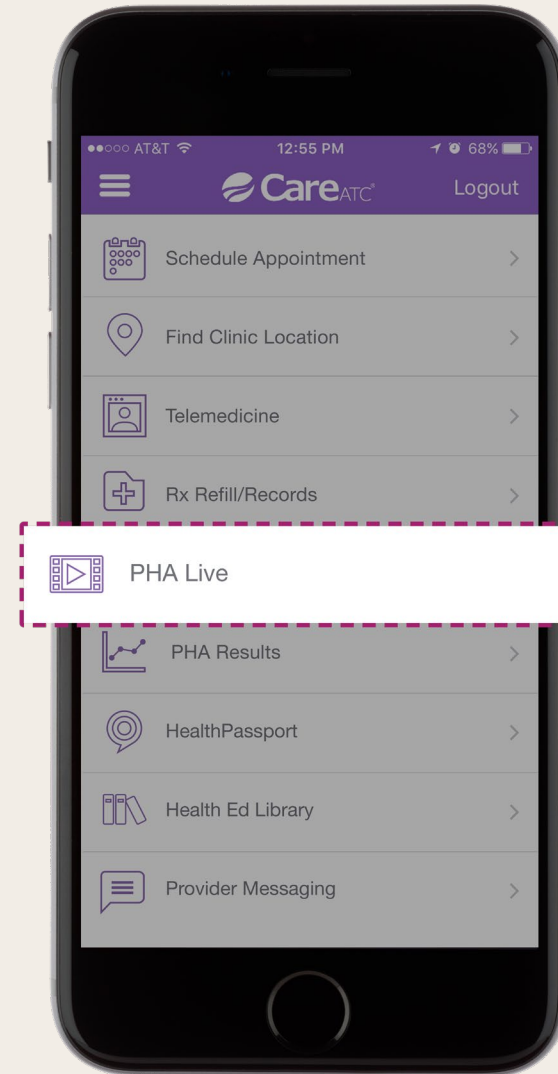
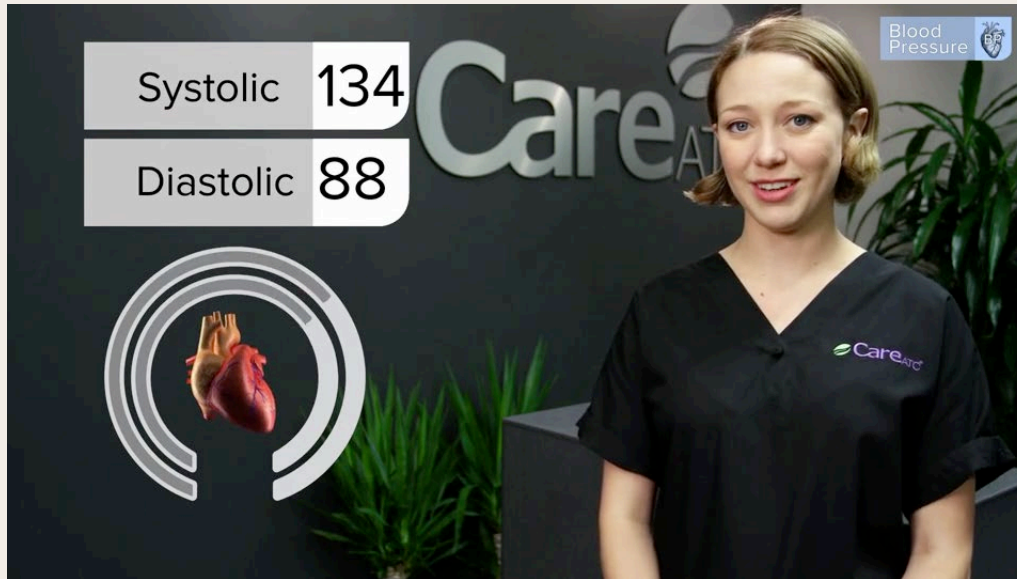
Test Name	Result	Risk	Previous	% Change	Normal
Albumin	66.75	●	66.75	0%	0-99
Total Protein	164	●	162	-1%	0-99
Globulin	25.9	●	23.2	10%	18.5-24.9
Alk Phosphatase	33	●	32	-3%	0-44
ALT (SGPT)	102	●	118	16%	0-149
AST (SGOT)	0.84	●	.87	1%	0.57-1.00
Bilirubin, Total	14	●	16	1%	9-23
AVG Ratio	9.9	●	9.4	1%	8.7-10.2

### COMPLETE BLOOD COUNT

Test Name	Result	Risk	Previous	% Change	Normal
White Blood Cells (WBC)	66.75	●	66.75	0%	0-99
Red Blood Count (RBC) (F)	164	●	162	-1%	0-99
Hemoglobin (Hgb)	25.9	●	23.2	10%	18.5-24.9
Hematocrit (Hct) (Female)	33	●	32	-3%	0-44
Platelets (PLT)	102	●	118	16%	0-149

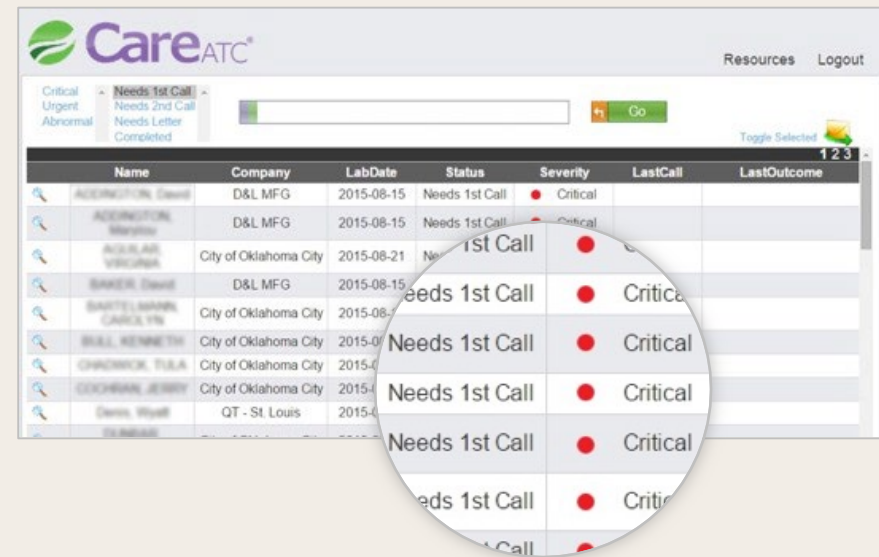


# Individualized Video of PHA Results.



# Care Outreach

- Result driven risk identification promptly following PHA
- Dedicated Outreach Team led by a team of RNs from CareATC
- Phone calls and written letters
- Notification of critical labs that should be addressed by a your healthcare provider or at the GCEWC.



The screenshot shows the CareATC web application interface. At the top, there is a search bar with a dropdown menu showing options: Critical, Urgent, Abnormal, Needs 1st Call, Needs 2nd Call, Needs Letter, and Completed. The 'Needs 1st Call' option is selected. Below the search bar is a 'Go' button and a 'Toggle Selected' button. The main content is a table with the following columns: Name, Company, LabDate, Status, Severity, LastCall, and LastOutcome. The table contains several rows of data, with a circular callout highlighting one row.

Name	Company	LabDate	Status	Severity	LastCall	LastOutcome
ADDINGTON, David	D&L MFG	2015-08-15	Needs 1st Call	Critical		
ADDINGTON, Miriam	D&L MFG	2015-08-15	Needs 1st Call	Critical		
AGUIAR, VERGARA	City of Oklahoma City	2015-08-21	Needs 1st Call	Critical		
BAKER, David	D&L MFG	2015-08-15	Needs 1st Call	Critical		
BARTLEMAN, CAROLYN	City of Oklahoma City	2015-08-15	Needs 1st Call	Critical		
BILL, KENNETH	City of Oklahoma City	2015-08-15	Needs 1st Call	Critical		
CHANDLER, TELA	City of Oklahoma City	2015-08-15	Needs 1st Call	Critical		
COCHRAN, JERRY	City of Oklahoma City	2015-08-15	Needs 1st Call	Critical		
DAVIS, WENDY	QT - St. Louis	2015-08-15	Needs 1st Call	Critical		
DEWINE, JENNIFER	QT - St. Louis	2015-08-15	Needs 1st Call	Critical		





Will my health information or test results be shared with my employer?

**NO**

CareATC takes all Personal Health Information seriously and is 100% HIPAA compliant.



# Health Coaching



# 86% of healthcare costs are attributable to preventable, treatable, chronic disease

## Top diseases ranked by treatment cost

Cardiovascular

Diabetes Illnesses

Muscular Skeletal

Cancers

Pulmonary

Arthritis

Behavioral Health

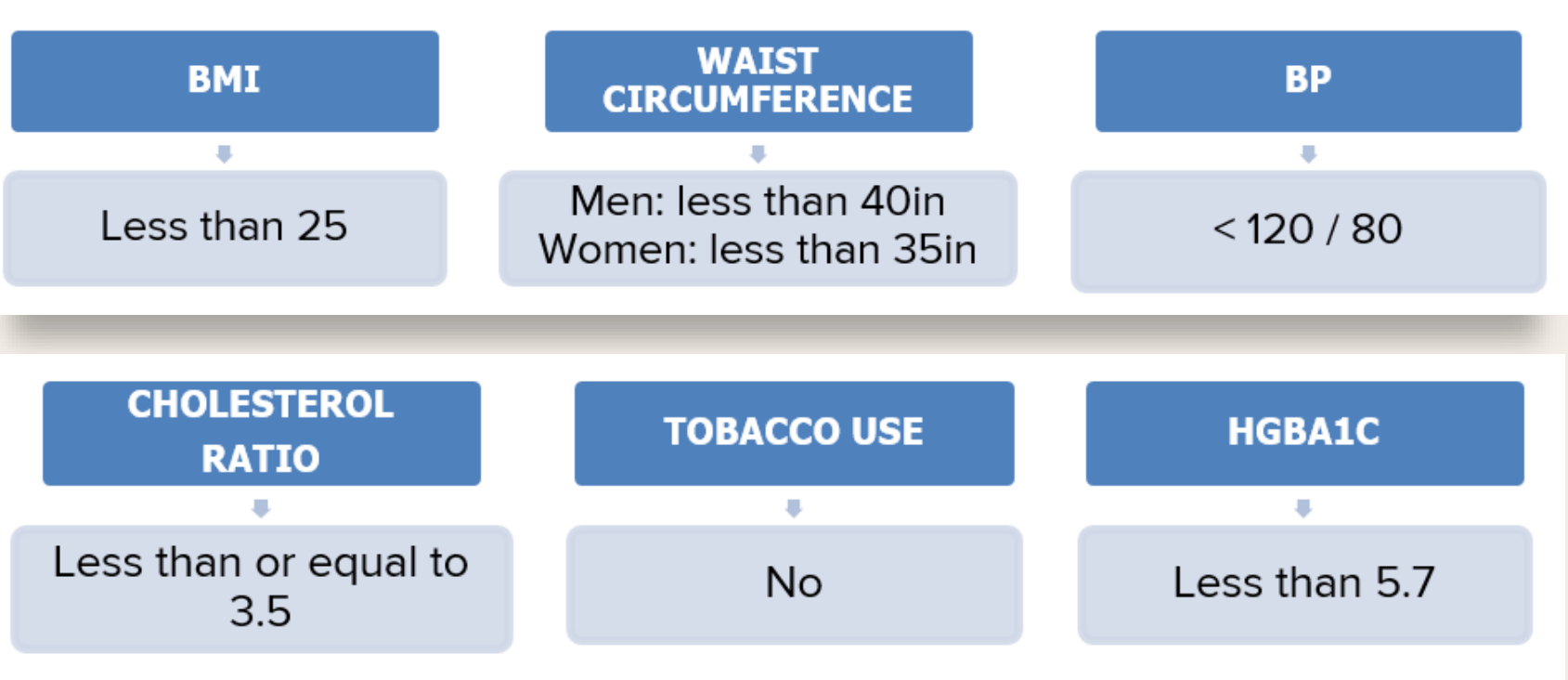


\* Source: Center for Disease Control 2016



# Risk Factors

PHA values with risk indicators greater than the above criteria can be indicative of someone being moderate or high risk, therefore being deemed as coaching eligible.



# Meet your Health Coach

## Jessica Walker, RN, BSN

- Jessica is a Registered Nurse with seven years experience.
- Worked in the emergency room gaining knowledge in treating high risk diseases.
- Extensive experience in implementing care and education to encourage compliance in patients with chronic diseases.
- Jessica will work with you discuss ways to choose the food and lifestyle choices that work the best for you. You will notice positive changes in your weight, health, and energy.



# Meeting your **Needs**



Individual Health  
Coaching

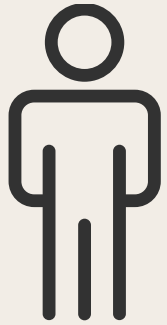


Group Education



# Individual Health Coaching

Participation open to all participants that are moderate/high risk based on PHA results



- One-to-One
- Occurs in-person, but televideo is available for spouses offsite
- The frequency is determined based upon goal progression and need
- Conducted by certified health coach
- Targeted and focused on sustainable lifestyle change
- Driven by disease specific care plans
- If eligible, health coach will contact you to enroll following PHA completion



# Individual Health Coaching Goals

- Create and optimize health
- Prevent and reverse chronic disease through dietary and lifestyle changes
- Promote medication adherence
- Establish regular and consistent access to primary care

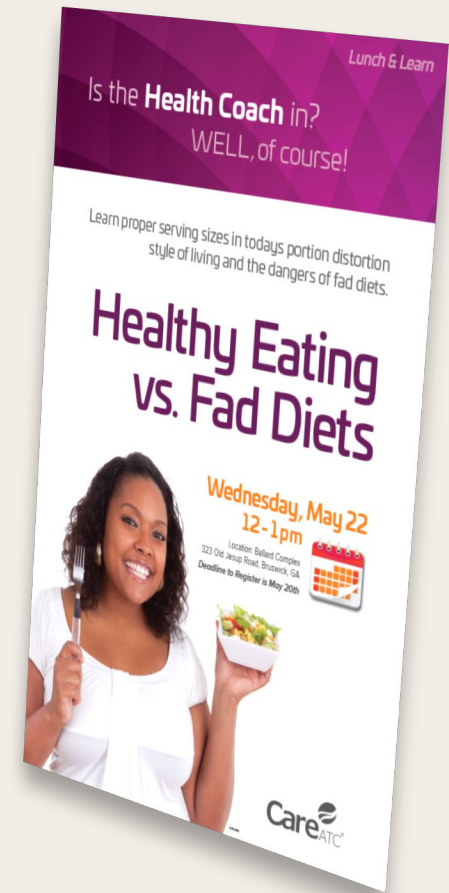




# Group Ed: Lunch and Learn



- All employees are eligible to attend, however please RSVP to Terri
- Session topics are sent out via email
- Recent topics include: Nutrition Principles and Secrets of Sleep
- Focus on awareness, knowledge, call-to action



# Wellness Challenges



## Coming Soon: Maintain, Don't Gain

Be on the lookout throughout the year for information to enroll in a Wellness Challenge!





# Employee Wellness Center





# Full Service Primary Care

- No Co-pay
- Chronic and Acute Primary Care
- Disease Management
- On-site Lab Testing
- No-cost On-site Generic Prescriptions
- All 100% Confidential and HIPAA Compliant
- **Flu shots-Please be on the lookout for more information to come!**



# Acute and Preventive Services

Examples of Acute Services	Examples of Preventive Services
Cold, Flu, Sore Throats	Physical Exams
Fevers / Infections	Personal Health Assessments
Skin Irritations	Wellness Services
Bumps / Bruises	Cholesterol Management
Sprains / Strains	Diabetes Care
Cuts / Lacerations	High Blood Pressure
Adult Immunizations	Tobacco Cessation
Allergies	Lab Tests



# Available On-Site Prescriptions

Allergy
Antibiotics
Antifungal
Asthma
Blood Pressure
Cardiovascular
Cholesterol
Diabetes
Heartburn
Inflammation



# Who is Eligible to Utilize the Clinic?



- Employees enrolled in the health plan.
- Dependents include spouses and children (ages 19 +) of eligible employees who complete a PHA.

Employees not on the health plan must complete a PHA and will have a \$30 co-pay for clinic services.



# Glynn County Employee Wellness Center

## Clinic Hours:

Monday / Friday

8am - 5pm (closed from 12 - 1)

**Contact: 912-279-3800**

## Health Coaching Hours:

Monday / Wednesday / Friday

8am - 5pm (closed from 12 - 1)

**Contact: 912-279-3802**







# Employee Wellness Center

Thank you!

We look forward to partnering with you in improving your health and your power to be well.