



Who Needs to Qualify for 2024?

- All Spouses
- New Hires & New Spouses
- Employees wanting to upgrade

The qualifying period for the 2024 plan year starts October 1st, 2022 and ends September 30th, 2023

Employees who did not earn the Premium Cost Share for 2023, but would like to upgrade for the plan year 2024, are eligible to do so beginning 11/1/2022 and **MUST** contact the Health Advocate office at 239-252-5588.

**Employees who earned Premium for year 2023, do NOT need to complete qualifiers.*

Please see pages two and three in this brochure for specific details concerning the qualifiers.



Main Campus- MedCenter

PH# 239-252-4257

Open Mon thru Fri, 7am - 4pm

North MedCenter

PH# 239-315-7111

Mon thru Fri, 8am-5pm

1735 SW Health Parkway Suite 201

Naples, FL. 34109

Attention Covered Employees:

Primary Care Services are available at both of the MedCenters at no cost for covered employees, spouses, and children 16 years of age and older who have our Health Plan as their primary insurance. For regular full time BCC employees, management has approved one hour to be used for appointments without incurring sick leave.

Vaccines: Our MedCenters offer the SHINGRIX and PNEUMOCOCCAL vaccines to covered members 50 years of age and older.

TeleMedicine: Millennium Physicians Group is offering Telemedicine visits. “MPG Connect” is an easy way to stay connected with your provider! The service is at no cost when you use our MedCenters. See any MedCenter location for more details!

YOUR BENEFITS TEAM

The Benefits office is located on the main campus in the Risk Management Building. Our street address is 3311 Tamiami Trail E, Naples Florida, 34112. Our phone number is (239) 252-5214. Your Benefits team includes Sonja Sweet, the Group Insurance Manager, Mariana St.Surin, the Benefits Analyst, and Allison Wroblewski, our Risk Technician. We are here to assist you with any insurance related questions such as Health, Rx, Dental, Vision, Short and Long Term Disability and Life Insurance, as well as Flex accounts and Health Reimbursement account questions.

Call us! We are ready to help!

Your Allegiance representative, Dan Ross, is located in the Benefits office. You may reach him at 1-855-333-1004 Opt 7 ext 3702. Dan works closely with the Benefits Team to help review and resolve any claims issues. Walk in! No appointment necessary!



Don't forget your 3, 6, 9 Deadlines!

March 31, 2023 - Lab Draw through our program

June 30, 2023 - Advocate or Wellness meeting

September 30, 2023 - All other identified requirements

Turn to pages 2 and 3 for more information!

HOW TO COMPLETE QUALIFIERS FOR 2024 HEALTH PLAN-YEAR

How do I qualify for the "BASIC Cost Share"?

All current employees, New Hires, and New Spouses who are enrolled in the Group Health Plan are eligible for medical coverage. For those who are more wellness conscious, you can earn lower co-pays, deductibles, and out-of-pocket expenses by completing qualifiers for Select or Premium Cost Share options.

Remember: The qualifiers do have strict deadlines that must be met in order to earn the lower cost share options.

How do I qualify for the "SELECT Cost Share"?

Step 1

Complete the Lab Draw and Biometric Screening appointment with Midland Health between the dates of [11/1/2022](#) and [3/31/2023 deadline](#).

Midland Health, a contracted outside lab company, is scheduled to do lab draws at various County sites.

Appointments for these sites should be scheduled at: www.chpha.com which will link you to Midland Health.

Notices have been mailed with locations, dates, and times.

*Click first [blue box](#) on this website.

You have the option to schedule your lab draw appointment online for their local office located at:

"Colonial Square Office Park"
1032 Goodlette-Frank Rd Naples FL 34102

Lab Techs will provide these services:

- Blood draw for a complete screening
- Height, weight, and waist circumference
- Blood pressure

Step 2

Complete an initial Health Advocate appointment with a contracted on-site Health Advocate or Wellness Educator (by referral) by the [6/30/2023 deadline](#).

Health Advocates are contracted health professionals through Community Health Partners. Their private office location is at the main campus, Risk Management Bldg.

Scheduling Advocate Meetings:

Schedule at least 30 days after lab draw.

Go to www.chpha.com

*Click second [blue box](#) on this site to schedule.

At your meeting you will discuss:

- Lab and biometric results and related health risk factors that may indicate a need for wellness education.
- Goal setting and follow-up care.
- Additional requirements for the Premium Cost Share.

After completing steps one and two, the qualifying requirements have been met and enrollment in the Select Cost Share will be effective January 1, 2024.

Don't Delay!!!

-Physical exam can be completed between October 1, 2021 to September 30, 2023 for those wanting PREMIUM.

-On-Site Lab Draw events with Midland Health will be held November 1, 2022 through March 31, 2023. Schedule your lab draw on www.chpha.com website.

-After your lab draw, make sure to schedule an Advocate meeting at least 3-4 weeks later on that same website!

NOTE: Pertains to Select and Premium Cost Shares

Symbol Explanations: >Greater than or ≥ Equal To <Less Than or ≤ Equal To

If your A1C is $\geq 6.5\%$ and/or a Fasting blood Glucose of ≥ 126 mg/dl and you have never been diagnosed with Type 2 Diabetes, you will be directed to the Med-Center. Your appointment must be within 7 days. Three Wellness education classes and other Wellness qualifier interventions will be necessary for this level of Blood Glucose unless determined otherwise by the MedCenter practitioner.

Those members who have previously been diagnosed with Type 1 or Type 2 Diabetes-schedule a meeting with a Wellness Educator on GoSignMeUp or call the Health Advocate office at 239-252-5588.

According to the American Association of Clinical Endocrinologists, Type 2 Diabetes defined as A1C $\geq 6.5\%$ or 2 FBG 126mg/dl and above. All lab confirmations will follow the "Meets Clinical Criteria" Qualifier track. Pre-Diabetes defined as an A1C 5.7%-6.4% or an A1C of $>5.5\%$ with FBG of 100-125mg/dl.

How do I qualify for the "PREMIUM Cost Share"?

Step 1

Complete the Lab Draw and Biometric Screening appointment with Midland Health between the dates of:

[11/1/2022](#) and [3/31/2023 deadline](#).

Midland Health, a contracted outside lab company, is scheduled to do lab draws at various county sites.

Appointments for these sites should be scheduled at www.chpha.com which will link you to Midland Health.

(Notices have been mailed with locations, dates, and times)

*Click first [blue box](#) on this site.

You have the option to schedule your lab draw appointment online for their local office located at:

“Colonial Square Office Park”
1032 Goodlette-Frank Rd Naples FL 34102,

Lab Techs will provide these services:

- Blood draw for a complete screening
- Height, weight, and waist circumference
- Blood pressure

Step 2

Complete an initial Health Advocate appointment with a contracted on-site Health Advocate or Wellness Educator (by referral) by the [6/30/2023 deadline](#).

Health Advocates are contracted health professionals through Community Health Partners. Their private office location is at the main campus, Risk Management Bldg.

Scheduling Advocate Meetings:

Schedule at least 30 days after lab draw.

Go to www.chpha.com

*Click second [blue box](#) on this site to schedule.

At your meeting you will discuss:

- Lab and biometric results and related health risk factors that may indicate a need for wellness education.
- Goal setting and follow-up care.
- Additional requirements for the Premium Cost Share

Step 3 Age/Gender Based Screenings by [9/30/2023 deadline](#).

- Physicals are required for both genders every qualifying period (In addition, men 40 years old and over need a prostate exam)

- Women 40 and over need a mammogram (Every qualifying period)

- Men and Women 50 and older need a Colonoscopy every 10 yrs
You may call: (239) 252-5214 or (239) 252-5588 for a list of FREE Prep Kits!

CONTINUE TO NEXT COLUMN OF STEP 3*****

CONTINUED PART OF STEP 3

REMEMBER TO:

- Schedule an appointment with The MedCenter or your Primary Care Physician
- Provide a copy of your labs to your physician for review
- Complete all screenings indicated on your work sheet (provided by the health advocate)
- Email your age and gender based screenings and verification to:

InvestInYourHealth@chealthpartners.com

NOTE:

Participants who have NO risk factors, who test negative for Nicotine use, AND who have completed steps 1-3 will be enrolled in the Premium Cost Share effective Jan 1, 2024.

Step 4

Nicotine Cessation

If you use tobacco products (includes dip or chew) and/or nicotine replacement products (gums, patches etc. or e-cigarettes), **you must** complete the nicotine cessation program “[Commit to Quit](#)” by [9/30/2023](#).

Follow these steps for Program enrollment:

Register for Program by 7/31/2023

Step 1: Initial appointment at The MedCenter Main Campus, ph# 252-4257 or Med Center N, ph# 315-7111

Step 2: Attend 6 weekly, 1 hour classes (Complete Series) Register on: <http://colliergov.gosignmeup.com>

Step 3: Repeat Nicotine Lab Draw upon program completion starting 7/22/2023

(You will be required to re-start the program if you miss a class in the series!)

Step 5

Wellness Education and Health Risk Factors by [9/30/2023 deadline](#).

Wellness Education Qualifiers are met by attending group education and/or individual counseling sessions with a licensed Wellness Dietitian.

Scheduling Wellness meetings:

Wellness meetings are scheduled on the GoSignMeUp system under Individual Appointment-Diabetes or 4-5 Risk Factors.

Health risk factors that may indicate a need for group education and/or individual counseling with a Wellness Dietitian are:

- Blood pressure $\geq 130/90$
- Waist circumference =men >40” and women > 35”
- Hemoglobin A1C ≥ 5.7 * and or fasting blood glucose 100-125 with A1C ≥ 5.5
- LDL cholesterol ≥ 130
- Triglycerides ≥ 150

* All participants with existing diabetes or lab work that meets clinical criteria for a diabetes diagnosis will require individual counseling with a Wellness dietitian.

Those with an A1C > 7.0%, newly diagnosed, or meets clinical criteria for diabetes will require one or more wellness classes.

* *Those with Pre-Diabetes MUST complete one Wellness Education class.*

Step 6

Those with 4-5 Risk Factors and/or Type 1 or 2 Diabetes are required to have a follow-up A1C, Lipid Panel or combo A1C/Lipid Panel between mid July – Sept. 2023 through Midland Health or the Med Center by appointment.

THE deadline is [9/30/2023](#).

Med Center Main Campus - 252-4257
Med Center North - 315-7111



Community Health Partners

PHYSICIAN HOSPITAL ORGANIZATION

Location:

3311 Tamiami Trail E
Naples, FL. 34112

Main County Campus Bldg D
Hours: 8:00am to 5:00pm
Monday - Friday
Ph#: (239) 252-5588

To access and register for all Wellness Education programs, go to www.chpha.com

HEALTH ADVOCATES

Liz Gomez Certified Health Coach
Program Manager
Phone #: 239-252-5588
Lgomez@chealthpartners.com

Deb Maxwell, RN, BSN
Health Advocate
Phone #: 239-252-5590
dmaxwell@chealthpartners.com

Cindy Frank, LPN
Health Advocate
Phone #: 239-252-5584
Cfrank@chealthpartners.com

Your Health Advocate team will:

- Guide you through all steps to qualify for the cost shares
- Provide computer support
- Schedule Follow-ups
- Assist with Provider Referrals
- Assist with Spanish Translations
- Goal Setting
- Provide referrals to:
 - Wellness Educators
 - Case Management
 - Disease Management
 - Diabetes Program
 - Tobacco Cessation Program

EMOTIONAL WELLNESS PROGRAM: Our Emotional Wellness Program offers services to employees and their children of all ages who are in need of support with emotional and behavioral issues such as:

- Depressed mood
- Relational issues
- Loss and other common stressors
- Anxiety
- Grief
- Parenting classes
- Play therapy
- Age-appropriate/age-specific services
- Anti-bullying
- Child anxiety management
- Trauma therapy/Services for PTSD

Adult and Children/Adolescent Services:

Jaime Crossan-DeBres, MSW, LCSW-S
Anabel Sathan, MSW, LCSW
Sandi Hack, MSW, RCSWI
Berta Garcia, MSW, LCSW

For appointments, contact **Josie Means** at [239-659-7751](tel:239-659-7751) Or email her at: jmeans@chealthpartners.com

Your Wellness Team



Christiane E. Rice, MS, RD, CDCES
Wellness Programs Manager
Phone #: 239-252-6092
Christiane.Rice@CollierCountyfl.gov



Ivonne Barkman, MHN, RD, RN, CPT
Wellness Health Educator
Phone #: 239-252-8718
Ivonne.Barkman@CollierCountyfl.gov



Zach Izbicki, CPT
Program Fitness Leader
Phone #: 239-238-6230
Zachary.Izbicki@CollierCountyfl.gov

Your Wellness Team offers:

- Diabetes Education
- Free Nutrition Counseling
- Personal Fitness Training Plans
- % Body Fat Analysis
- Resting Metabolic Testing
- Weight Management Programs
- Healthy Bucks classes
- Qualifying Wellness Education



We are located at:
3311 Tamiami Trail E Bldg D
Naples, FL. 34112

To access and register for all Wellness Education programs, go to:

<http://wellnessweb.colliergov.net/SitePages/Home.aspx>