



# Invest In Your Health Time NOT Money

## WHO NEEDS TO QUALIFY FOR PLAN YEAR 2025?

- Employees
- New Employees
- Spouses wanting to upgrade

October 1st is the beginning of the new qualifying period for the 2025 plan year. Those needing to qualify this year are employees enrolled in our health insurance.

The qualifying period for plan year 2025 starts on October 1st, 2023 and ends September 30th, 2024.

Spouses who did not earn the Premium Cost Share for 2024, but would like to upgrade for plan year 2025, are eligible to do so beginning 11/1/2023 and **MUST** contact the Health Advocate office at 239-252-5588.

*Spouses who earned Premium for year 2024 do NOT need to complete qualifiers.*

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

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

**March 30, 2024 -**

Lab Draw through our program

**June 28, 2024 -**

Advocate or Wellness meeting

**September 30, 2024 -**

Any other identified requirements

**Turn to pages 2 and 3 for more information!**

## 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 Breanna Galan, Operations Support Specialist. 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.

Your Allegiance representative, Dan Ross, is located in the Benefits Office. Call 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!



### **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 are enrolled in our Health Plan. 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.

Main Campus- MedCenter  
PH# 239-252-4257  
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

See any MedCenter location for more details!



# HOW TO COMPLETE QUALIFIERS FOR 2025 HEALTH PLAN-YEAR

## 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 [11/1/2023](#) and [3/30/2024 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](http://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 on-line 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 Dietitian (by referral) by the [6/28/2024 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](http://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, 2025.**

### **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  $\geq 126$  mg/dL and you have never been diagnosed with Type 2 Diabetes, you will be directed to the MedCenter for a repeat test. 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.

For members who have previously been diagnosed with Type 1 or Type 2 Diabetes, schedule a meeting with a Wellness Dietitian on GoSignMeUp or call the Wellness Dietitians at 239-252-6092.

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

## Don't Delay!!!

Physical exam can be completed between October 1, 2022 to September 30, 2024 for those wanting PREMIUM.

On-Site Lab Draw events with Midland Health will be held November 2, 2023 through March 30, 2024. Schedule your lab draw on [www.chpha.com](http://www.chpha.com) website.

Make sure to schedule an Advocate meeting at least 4 weeks after your lab draw on that same website!

# How do I qualify for the PREMIUM Cost Share?

## **Step 1** Lab Draw


Complete the Lab Draw and Biometric Screening appointment with Midland Health between the dates of :  
[11/1/2023](#) and [3/30/2024 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](http://www.chpha.com) which will link you to Midland Health. **Click first blue box on this site** (Notices have been mailed with locations, dates, and times)\*

You have the option to schedule your lab draw appointment on-line 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** Advocate/Wellness Meeting

Complete an initial Health Advocate appointment with a contracted on-site Health Advocate or Wellness Dietitian (by referral) by the [6/28/2024 deadline.](#)

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

Schedule your Advocate/Wellness meeting at least 30 days after your lab draw. Go to [www.chpha.com](http://www.chpha.com) and **click on the 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 [9/30/2024 deadline.](#)

- Physicals are required for both genders every qualifying period
- Women 40 and over need a mammogram every qualifying period.
- Men and Women 50 and older need a colonoscopy every 10 years

### **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 worksheet (provided by the health advocate)

**Email your age and gender based screenings and verification to:**

[InvestInYourHealth@Chealthpartners.com](mailto:InvestInYourHealth@Chealthpartners.com)

### **NOTE:**

Participants who have NO risk factors, test negative for nicotine use, AND have completed steps 1-3 will be enrolled in the Premium Cost Share effective Jan 1, 2025.



## **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 [9/30/2024.](#)

Follow these steps for Program enrollment:

**\*Register for Program by 7/31/2024\***

**Step 1:** Initial appointment at The MedCenter Main Campus, Ph# 252-4257 or MedCenter 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 between 7/15/2024 and 09/30/2024

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




## **Step 5** Wellness Education for Health Risk Factors by [9/30/2024 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  $\geq 40$ ” and women  $\geq 35$ ”
- Hemoglobin A1C  $\geq 5.7$  \* with a fasting blood glucose 100-125mg/dL
- LDL cholesterol  $\geq 130$ mg/dL
- Triglycerides  $\geq 150$ mg/dL

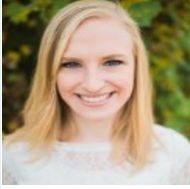
\* All participants with existing diabetes or lab work that meets clinical criteria for a diabetes diagnosis will require individual counseling with a Wellness Dietitian. Those with an A1C  $> 7.0\%$ , newly diagnosed, or meets clinical criteria for diabetes will require one or more Wellness classes. \* *Those with impaired Glucose Tolerance 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 and/or lipid panel between mid July – Sept. 2024 through the Med Center by appointment. The deadline is [9/30/2024.](#)

The MedCenter Main Campus phone number is (239) 252-4257 and the Med Center North phone number is (239) 315-7111

# YOUR WELLNESS TEAM



**CHRISTIANE RICE**  
MS, RD, CDCES  
WELLNESS PROGRAM MANAGER  
PH# 239-252-6092  
EMAIL: [Christiane.Rice@CollierCountyFL.Gov](mailto:Christiane.Rice@CollierCountyFL.Gov)



**Ivonne Barkman**  
MHM, RD, RN, CPT  
WELLNESS DIETITIAN  
PH# 239-252-8718  
EMAIL: [Ivonne.Barkman@CollierCountyFL.Gov](mailto:Ivonne.Barkman@CollierCountyFL.Gov)



**ZACH IZBICKI**  
CPT  
FITNESS PROGRAM LEADER  
PH# 239-252-6096  
EMAIL: [Zachary.Izbicki@CollierCountyFL.Gov](mailto: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



To access and register for all Wellness Education programs, go to:  
[www.CollierCountyFL.gov/Wellness](http://www.CollierCountyFL.gov/Wellness)

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



## HEALTH ADVOCATES

Liz Gomez  
Certified Health Coach  
Program Manager  
Phone #: 239-252-5588

Deb Maxwell, RN, BSN  
Health Advocate  
Phone #: 239-252-5590

Cindy Frank, LPN  
Health Advocate  
Phone #: 239-252-5584

## 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

Email: [www.InvestInYourHealth@Chealthpartners.com](mailto:www.InvestInYourHealth@Chealthpartners.com)

Location: 3311 Tamiami Trail E Naples, FL. 34112

## EMOTIONAL WELLNESS PROGRAM

Our Emotional Wellness Program offers services to employees and their dependents 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:  
[ew@chealthpartners.com](mailto:ew@chealthpartners.com)

**Complete and upload forms:**  
[www.chealthpartners.com/emotional-wellness](http://www.chealthpartners.com/emotional-wellness)