



Invest In Your Health Time NOT Money

Who Needs to Qualify for 2019?

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

October 1st is the beginning of the new qualifying period for the 2019 plan year. Those needing to qualify this year include All Employees, New Hires and new Spouses enrolled in the Health Plan. The qualifying period for plan year 2019 is Oct. 1, 2017 through Sept. 30, 2018.

Those spouses who did not earn the Premium Cost Share in 2018, but would like to upgrade for 2019, are eligible to do so beginning 11/1/17 and **MUST** contact the Health Advocate office at 239-252-5588. Please see pages two and three in this brochure for specific details concerning the qualifiers.

Spouses who earned Premium in 2018 do NOT need to complete qualifiers.



Our North MedCenter located at 1735 SW Health Parkway Suite 201 in Naples, has undergone great changes to better meet the needs of our employees and their families covered under our health plan. They have a designated front staff member named Megan who will assist our members as well as a new designated phone line : 239-315-7111. We are also excited to welcome our new P.A., Juan Carlos Diaz! Juan Carlos Diaz, P.A., earned his Bachelor of Science in Health Studies from Hodges University in Naples, Florida. He went on to complete his Physician Assistant Program and Master's Program from Nova Southeastern University in Fort Myers, Florida. Diaz is a member of the Florida Academy of Physician Assistants and American Academy of Physician Assistants. Our New and Improved North location looks forward to serving you!

NEW easy to use BENEFIT's Web Page!!!

The new web page can be accessed by going to: www.Colliergov.net/Benefits. On this page, you will have access to the Open Enrollment Link, Wellness page, info on Healthy Bucks & FLEX Accounts, Community Health Partners link, Emotional Wellness Team and MedCenter info. You can also access Medical, Dental and Vision coverage and rate info as well as forms to make changes. Log in today for additional info!

Deadlines:

**All blood draws MUST be completed by
March 31, 2018.**

**All initial Advocate and Wellness Educator
appointments
MUST be completed by June 30, 2018.**

**All other qualifiers
MUST be completed by September 30, 2018.**

STEP-BY-STEP: QUALIFIERS FOR 2019 HEALTH PLAN

Group Health Plan

All 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. Please be mindful that the qualifiers do have strict deadlines that must be met in order to earn the lower cost sharing options.

Select Cost Share Qualifiers

STEP 1.

Make an appointment with Midland Health between 11/1/17 and 3/31/2018

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.

At the Midland Health work site event or their local office at Walden Oaks Professional Center, Lab Techs will provide these services:

- Blood draw for a complete screening

- Height, weight, and waist circumference
- Blood pressure

STEP 2.

Complete an initial appointment with a contracted on-site Health Advocate by 6/30/2018 or Wellness Educator (by referral)

Health Advocates are contracted health professionals. Their private office location is at main campus, Risk Management, Bldg D. Go to www.chpha.com and click on Step 2 to schedule a confidential appointment.

Scheduling Advocate Meetings:

Schedule at least one month after lab draw.

- Go to www.chpha.com
- Click on the second blue box

At your meeting you will discuss:

- Lab and biometric 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, 2019.

DON'T DELAY!!!

- Wellness physical qualifiers can be completed as early as October 1, 2017.
- Lab draws with Midland Health will be November 1, 2017 - March 31, 2018.
- After your lab draw, make sure to schedule an Advocate meeting.

NOTE: *Pertains to Select and Premium Cost Shares*

Symbol Explanations:

> - Greater Than or \geq Equal To
< - Less Than or \leq Equal To

If your A1c is $\geq 6.5\%$ and/or a Fasting Blood Glucose ≥ 126 mg/dl and you have never been diagnosed with Type 2 Diabetes, you will be directed to the MedCenter. 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, when referred by Health Advocate office.

According to the American Association of Clinical Endocrinologists, Type 2 Diabetes defined as an A1C $\geq 6.5\%$ or 2 FBG 126mg/dL and above. Pre-Diabetes defined as an A1C 5.7%-6.4% or an A1C of $>5.5\%$ with a FBG of 100-125mg/dL.

Premium Cost Share Qualifiers

STEP 1.

Make an appointment with Midland Health between 11/1/17 and 3/31/2018

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.

At the Midland Health work site event or at Walden Oaks Professional Center, Lab Techs will provide these services:

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

STEP 2.

Complete an initial appointment with a contracted on site Health Advocate by 6/30/2018

Their office location is at main campus, Risk Management, Bldg D. Go to www.chpha.com and click on Step 2 to schedule a confidential appointment.

Scheduling Advocate Meetings:

Schedule at least one month after lab draw.

- Go to www.chpha.com
- Click on the second blue box

At your meeting you will discuss:

- Lab and biometric health risk factors.
- Goal setting and follow-up care.
- Additional requirements for the Premium Cost Share.
- Initial Wellness meeting due by 6/30/2018 (referral from Health Advocate office only)

*** NOTE: Participants who are NOT required to do Age/Gender Based Screenings, who have NO risk fac-**

tors, who test negative for Nicotine use AND who have completed steps 1-2 will be enrolled in the Premium Cost Share effective Jan. 1, 2019.

STEP 3.

Age/Gender Based Screenings (For ages 20, 25, 30, 35, 40, 43, 46, 50 & over) If you haven't completed a physical exam at the above ages, an exam will be required.

- 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.

*** 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, 2019.**

STEP 4.

Nicotine Cessation

If you use tobacco products (including dip or chew) and/or nicotine replacement products (such as gums, patches etc. or e-cigarettes), you must complete the nicotine cessation program, "Commit to Quit" by Sept. 30, 2018. Follow these steps for Program enrollment:

Register for Program by 7/31/18

Step 1: Initial appointment at MedCenter Main Campus, 252-4257 or MedCenter North, 315-7111

Step 2: Attend 6 weekly 1 hour classes (offered in complete Sessions ONLY) Register on GoSignMeUp

<http://colliergov.gosignmeup.com>

Step 3: Repeat Nicotine Lab Draw upon program completion starting 7/21/18.

You are required to re-start the program if you miss a class in the session.

STEP 5.

Wellness Education and Health Risk Factors

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 may indicate a diabetes diagnosis, will require **individual counseling with a Wellness dietitian. Those with an A1C $> 7%$ or $\geq 7%$ or a new diagnosis will require one or more Wellness classes.**

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

STEP 6.

All 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. 2018 thru Midland Health or the MedCenter by appointment.

MedCenter Main

Campus - 252-4257.

MedCenter North - 315-7111.

Health Advocate Team



Your Health Advocate team will:

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

Location: Main County campus in Building D

Hours: 8:00 am to 5:00 pm
Monday through Friday

Phone: 239-252-5588

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

Your Employee Medical Clinic



Primary care services are available at both MedCenters for covered employees on our Group Health Plan, including covered spouses and children age 15 and older, as their primary care provider. For BCC employees, management has approved up to one hour to be used for appointments without incurring sick leave.

Call The MedCenter – Main Campus at **252-4257 - Open at 7 a.m. for Labs** or The MedCenter - North at **315-7111** located off Immokalee Rd., Millennium Physicians Group, 1735 SW Health Pkwy., Suite 201.

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CHP Emotional Wellness



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
- Anxiety
- Relational issues
- Grief
- Loss and other common stressors



Other Services:

- Parenting classes
- Play therapy
- Age-appropriate/age-specific services
- Anti-bullying
- Child anxiety management
- Trauma therapy/Services for PTSD

For appointments contact Josie Means at 239-659-7751 or email her at jmeans@chealthpartners.com

Adult Services:

Lisa Fasanella

Children/Adolescent Services:

Jaime Crossan-DeBres

For **insured** Collier County Group Health Plan members

FREE individual sessions

Unlimited visits

Main Campus location for your convenience or Community Health Partners down town office located at 851 5th Ave N., Suite 201.

This is a confidential service.