



Invest
In Your Health
Time NOT Money

WHO NEEDS TO QUALIFY FOR 2023?

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

The qualifying period for the 2023 plan year starts October 1st, 2021 and ends September 30th, 2022

Spouses who did not earn the Premium Cost Share for 2022, but would like to upgrade for the year 2023, **are** eligible to do so beginning 11/1/2021 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 for year 2022, do NOT need to complete qualifiers.



Attention Covered Employees: Primary Care services are available at both MedCenters at no cost for covered employees, spouses, and children 16yrs 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!

Call the MedCenter Main Campus at 239-252-4257

Open M-F, 7am for Labs or the

MedCenter North at 239-315-7111

located off Immokalee Rd

Millennium Physicians Group, 1735 SW Health Parkway, Suite 201.

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, 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 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 about the 3, 6, 9 DEADLINES!!!!

March 31- Lab Draw through our program

June 30- Advocate or Wellness meeting

September 30- All other identified requirements

Turn to pages 2 and 3 for more details!

STEP-BY-STEP: HOW TO COMPLETE QUALIFIERS FOR 2023 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 **11/1/2021 and 3/31/2022 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.

At the Midland Health work site event or their local office 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 **6/30/2022 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 3 - 4 weeks 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, 2023.

Don't Delay!!!

-Physical exam can be completed between October 1, 2020 to September 30, 2022 for those wanting PREMIUM.

-On-Site Lab Draw events with Midland Health will be held November 1, 2021 through March 31, 2022. 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 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 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

Make a Lab Draw appointment with Midland Health between: 11/1/2021 and **3/31/2022 deadline.**

Midland Health is a contracted outside lab company that 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 a Midland Health work site event or the "Colonial Square Office Park" office, Lab Techs will provide these services:

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

Step. 2

Complete an initial Advocate appointment with a contracted Health Advocate/Wellness Educator by **6/30/2022 deadline.**

Advocates are at the main campus in the Risk Management Bldg.

Schedule your Advocate Meeting at least 3-4 weeks after lab draw.

- Go to www.chpha.com
- Click on the 2nd [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 6/30/2022

(referral from the Health Advocate office only)

***Note:**

Participants who are NOT required to do age/gender based screenings, who have NO risk factors, who test negative for nicotine, AND who have completed steps 1-2 will be enrolled in the PREMIUM Cost Share effective Jan. 1, 2023.

STEP. 3

Age/Gender Based Screenings by **09/30/2022 deadline.**

- PHYSICALS ARE REQUIRED FOR BOTH GENDERS EVERY QUALIFYING PERIOD (IN ADDITION, MEN 40 AND OVER NEED A PROSTATE EXAM)
- WOMEN 40 AND OVER NEED A MAMMOGRAM
- MEN AND WOMEN 50 AND OLDER NEED A COLONOSCOPY EVERY 10 YRS
- 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

*** 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, 2023.

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 **Sept. 30, 2022.**

Follow these steps for Program enrollment:

Register for Program by 7/31/2022

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

Step 2: Attend 6 weekly, 1 hour classes (complete series)
[Register on GoSignMeUp: http://colliergov.gosignmeup.com](http://colliergov.gosignmeup.com)

Step 3: Repeat Nicotine Lab Draw upon program completion starting 7/22/2022

(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 **9/30/2022 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. 2022 through Midland Health or the Med Center by appointment. THE deadline is **9/30/2022.**

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

HEALTH ADVOCATES

Your Health Advocates:

Lisa Kozlowski, MS, RN, CCM
Team Lead
Phone #: 239-252-5590
LKozlowski@chealthpartners.com

Liz Gomez Certified Health Coach
Senior Health Advocate Coordinator
Phone #: 239-252-5588
Lgomez@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

Location:

Main County Campus in Building D
Hours: 8:00am to 5:00pm
Monday - Friday
Phone number: (239) 252-5588

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

CHP Emotional Wellness

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

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](tel:239-659-7751)
Or email her at:
jmeans@chealthpartners.com

Adult and Children/Adolescent Services:

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

For **Insured** Collier County Group Health Plan members:
FREE individual sessions
Unlimited visits

Main Campus location for your convenience or Community Health Partners downtown office located at:
851 5th Ave N., Suite 201
This is a confidential service.

Your Wellness Team



Karen Eastman, RD, LDN
Wellness Programs Manager
Phone #: 239-252-6092
Karen.Eastman@CollierCountyfl.gov



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



Zach Izbicki
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



Liz Tedeschi, RD
Wellness Health Educator
Phone #: 239-252-8915
Liz.Tedeschi@CollierCountyfl.gov

Location: Main County Campus Building D
Hours: 7am to 5pm M-Th

To access and register for all Wellness Education programs, go to:
<http://wellnessweb.colliergov.net/SitePages/Home.aspx>