SUMNER COUNTY GOVERNMENT WELLNESS INCENTIVE 2021 PROGRAM

Employees/Spouses will have the option of completing a physical **OR** a HRA for the 2021 Wellness Incentive year.

Wellness participants please register for your wellness portal at sumnergov.wellright.com, and designate which wellness option you plan to complete by June 30, 2021 and follow the scheduling directions provided once option is chosen.

Physical option:

Employees/spouses may complete an annual physical between **July 1, 2021-September 30,2021** with a One to One Health provider **OR** with their primary care physician. At the time of physical the provider will complete the physical form and submit it to One to One Health. Participants will be required to upload their physical to their wellness portal at sumnergov.wellright.com. If completing a physical it must have the completion date between July 1, 2021-September 30, 2021.

HRA option:

Employees/Spouses may complete their HRA at a designated HRA event between **August 16-20, 2021**

Monday, August 16, 2021-Administration Building 6am-9am

Tuesday, August 17, 2021-Sheriff's Office 6am-9am

Wednesday, August 18, 2021-EMS 6am-9am

Thursday, August 19, 2021-HWY Department 6am-9am

Friday, August 20, 2021-Ellis Wellness Center 6am-9am

Benchmarks:

1) **BMI < or = 30**
2) **Blood pressure less than 140/90**
3) **A1C less than 5.7**
4) **Nicotine negative result**

Important wellness updates:

- Cholesterol is no longer a part of the requirements for wellness; however, your provider still may test and review these tests during your visit.
- Waist measurement has been removed
- A1C has been decreased to 5.7. Health coaching will begin at 5.7 to educate prediabetic patients.
- Nicotine retest is required if positive and retest must be completed by March 4, 2022.
- Bloodwork is no longer fasting
- 2 face to face health coaching sessions will be required if non-compliant and all health coaching will be completed with a One to One health coach by March 31, 2022
- Participants will choose between a physical or HRA