

New Requirements for the SCBOE Wellness Promise

To All Active Participants, Retirees and Spouses



We are excited to announce new changes to the Wellness Promise that focuses more on your overall wellbeing!

What is changing with the Wellness Promise in 2019.....

- Participants and their spouses who elected to enroll in the Wellness Promise or wish to enroll in the Wellness Promise will be required to obtain a physical and required lab panels at a Sumner Health Clinic or your Primary Care Physician between April 1, 2018 and July 13, 2019. If you choose to use your PCP, please take the Annual Physical Screening Form for completion and fax to (615) 230-1757.
- If you have already had your physical with your provider during this timeframe, fax the completed Annual Physical Screening Form to (615) 230-1757.
- You are also required to sign the Nicotine Waiver **or** Nicotine Acknowledgement on the Annual Physical Screening Form. Nicotine will be a required blood draw beginning 2020. If using your own provider, please note this added lab will need to be drawn by your PCP.
- Employees will be able to track their compliance status and coaching progress via a new wellness portal launching in November 2018.
- Sumner Health Clinics will be extending clinic hours on Saturdays from January 2019 through July 13th 2019 to accommodate more flexible appointments. Labs do not have to be fasting.

2019 Required Benchmarks:
Blood Pressure is less than 140/90 (High Blood Pressure)
BMI is less than 30 (Body Mass Index)
A1C is less than 5.7 (3-month average of Blood Sugar)
Nicotine is Negative (waiver is acceptable for this year, blood testing required starting 2020)

What is staying the same with the Wellness Promise for 2019.....

- Employees who do not meet benchmarks will be required to enroll in a Sumner Health Clinic program or attend face to face coaching sessions with their Sumner Health coach to reach compliance.
- The Wellness Promise is only applicable to retirees, employees and their dependent spouses who elected to enroll in the Wellness Plan as well as those interested in enrolling into the Wellness Plan. Dependent children, regardless of age are not required to complete the Wellness Promise.
- Eligible employees and their covered spouses that meet all benchmarks after their physical and lab panels are compliant and no further action is required.