

## **New Requirements for the Wellness Promise**

To All Active Participants, Retirees and Spouses

### **Sumner County Wellness Promise FAQ's**



#### **Do I have to complete a physical in a certain time frame?**

Yes, your annual physical should be completed between April 1, 2018 and July 13, 2019.

#### **Why do I have to complete a physical for the Wellness Promise Plan?**

Completing an annual physical will allow you time to speak with a provider regarding your health, and allow you to discuss any areas for improvement.

#### **What if I have already had a physical do I have to complete another one?**

No, as long as the physical was completed between April 1, 2018 and July 13, 2019, you are not required to complete another physical. You will need to ask your provider to fill out an Annual Physical Screening form.

#### **What if my primary care physician does not complete the Annual Physical Screening Form?**

Your physician may fax your visit summary including all biometric data, and lab results required to Sumner Health Clinic at (615) 230-1757.

#### **I completed my physical on July 13, 2018. Do I have to have my form turned in on this date?**

The Annual Physical Screening Form must be submitted no later than July 18, 2019.

#### **Do I have to complete my physical at a Sumner Health Clinic?**

No, you may use your own Primary Care Physician, just have them complete the Annual Screening Physical Form, and fax it to (615) 230-1757.

#### **I already had a physical can I complete another physical with Sumner Health?**

No, The Affordable Care Act allows 1 physical per 12 consecutive months covered at 100%.

#### **Will it be difficult obtaining an appointment in a Sumner Health Clinic for a physical?**

No, Sumner Health Clinics will be extending clinic hours on Saturdays from January 2019 through July 13, 2019 to accommodate more flexible physical appointments.

#### **What are the benchmark requirements for the 2019 Wellness program?**

- 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 for following years)

**Will my cholesterol be discussed?**

Cholesterol is not a wellness requirement; however, providers may still test, monitor and review lifestyle changes during your visit.

**Why was the A1C benchmark lowered to 5.7?**

The A1C was lowered in effort to identify and educate patients of health concerns in the pre-diabetic stage for an overall comprehensive wellness program.

**Am I required to be fasting for lab draw?**

No, labs do not have to be fasting. Employees can complete their physical at a Sumner Health Clinic before or after school, and on Saturdays beginning January 2019.

**Is there a nicotine requirement for this year?**

Yes, you are required to sign a nicotine affidavit for the 2019 wellness year. Please indicate on the Annual Physical Screening Form if you **do** or **do not** use nicotine, and sign accordingly.

**Will there be a requirement for nicotine testing for future years?**

Yes, the nicotine affidavit will be allowed for 2019 only, all following years will require a lab draw.

**Will I be able to view my compliance status?**

Yes, employees will be able to track their compliance status and coaching progress via a new wellness portal launching in November.

**What is required of me if I am compliant?**

Employees who meet all benchmarks at the time of the physical will be considered compliant, and **no future action is required.**

**What is required of me if I am non-compliant?**

Employees who do not meet the benchmarks will be required to complete health coaching. Coaching can be satisfied by completing a Sumner Health Clinic specified wellness program, or by attending face to face health coaching sessions with a Sumner Health coach.

**May I complete my health coaching outside of a Sumner Health Clinic?**

No, health coaching must be completed via a Sumner Health specified wellness program, or by attending face to face coaching sessions with a Sumner Health Coach.

**How will I know where to view compliance status?**

Watch for communication from your Benefits Department regarding this exciting new resource!