2026 SUMNER COUNTY GOVERNMENT
WELLNESS INCENTIVE PHYSICAL FORM

NAME: _____ DOB: _____

EMAIL: _____ PHONE: _____

CHECK TO INDICATE YOUR MEMBER TYPE: EMPLOYEE: _____ *OR* SPOUSE: _____

GENDER: MALE: _____ *OR* FEMALE: _____

BELOW SHOULD ONLY BE COMPLETED BY A ONE TO ONE HEALTH PROVIDER OR YOUR PRIMARY CARE PHYSICIAN.

Date of Physical: _____ Physical Completed by: _____

Signature of provider_____

Provider phone *(if provider other than One to One Health)*: _____

***Outside providers, please note you must provide copy of lab results for Nicotine and A1c for the physical to be consider for the patient's wellness program incentives**

HEIGHT (in): _____ WEIGHT (lb): _____ BMI: _____

Check this box if you are pregnant at the time of your physical: ☐

NICOTINE LAB RESULT: NEGATIVE_____ POSITIVE_____ *(*must attach lab results)*

BLOOD PRESSURE: _____ BP RECHECK IF COMPLETED: _____ A1C: _____ *(*must attach lab results)*

Employee/Spouse choosing the physical option will complete a physical **between July 1, 2026-September 30, 2026** for the Wellness Incentive Plan. Physicals must have a completion date between July 1- September 30, 2026 to participate in the wellness program. All physical forms must be uploaded to sumnergov.wellright.com by October 7, 2026. If you need assistance with uploading your form, you may contact the wellness center at 615-657-4930.

- If benchmarks are met, the patient is compliant, nothing further is required.
- If benchmarks are not met, patient will need to complete two health coaching sessions with a One to One Health Coach by March 26, 2027.
- If nicotine positive, retest must be completed by March 5, 2027.

BIOMETRIC BENCHMARKS:

1. A1c less than 5.7
2. BMI less than 30
3. Blood Pressure less than 140/90
4. Nicotine negative result is required.

Patient Signature: _____ Date: _____

Contact Sumner Health at Ellis Wellness Center with questions or concerns by calling 615-657-4930 or email support@121.health. **It is the patient's responsibility to upload their form to the wellness portal at sumnergov.wellright.com.**