



Introduction to your Wellness Program: Steps and Screening

Sarpy County

November 1, 2018

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Introduction

Your wellness program is designed to assess your current level of health and wellness, as well as assist you to achieve your optimum health status. Steps 1 and 2 of the program include a self-report of healthy habits as well as a health screening.

We are excited to continue with you on your wellness journey with Sarpy County in 2019. Enclosed you will find:

- Instructions for completing the Online Health Risk Assessment (HRA)
NOTE: You must complete the HRA in order to participate in the health screening.
- Dates for the on-site health screenings and instructions
- Details about the health report review with a Lockton Nurse and how to engage in health coaching with a Lockton Nurse Advocate
Participate in the HRA and health screening is required for the wellness incentive.

See www.sarpy.com/wellness/incentive.html for more information about the wellness incentive.

Eligibility information:

| Individual | Insurance coverage | Eligible for wellness incentive? |
|-------------------|---|--|
| Employee | Enrolled in the County's health insurance | YES |
| Employee's spouse | Enrolled in the County's health insurance | YES |
| Employee | Not enrolled in the County's health insurance | YES, but cannot participate in the on-site health screening with the County. Must complete the health screening as part of an age related preventative visit with personal physician; contact Human Resources for details, 402-593-4465. |
| Employee's spouse | Not enrolled in the County's health insurance | NO |

Contact information

For questions about receipt of results, requirements or problems accessing the HRA, please contact Member Support:

1.888.251.2260

membersupport@lockton.com

What you need to know:

- All employees and spouses who are on the health plan are eligible to participate in the program, as well as employees not on the health plan.
 - ▲ Employees not on the health plan cannot participate in the on-site screening. A preventative visit with a personal physician can be completed.
- You must complete all required activities to secure the wellness incentive.
- All notices and disclosures are electronically accepted during completion of the HRA. You can see these without completing the HRA at:
<https://www.locktonforhealth.com/registration.cfm> or you can request a copy by contacting Lockton Health Risk Solutions.

What you need to do:

- Complete your Health Risk Assessment between February 4, 2019 and February 15, 2019.
- Attend an on-site screening (tentative schedule is below) or see Human Resources to obtain a Physician Form
 - ▲ Courthouse: March 18-22 from 6 am to 10 am
 - ▲ Sheriff's Office: March 25-29 from 7 am to 10 am
 - ▲ These dates are tentative based on participation.

Wellness program 2019

Your Personal Health Report is a compilation of results from your HRA, biometrics and lab screening. Based on this data, you will receive a score between 0 and 100. The following steps outline how you can complete these requirements.

STEP 1: Online health risk assessment (HRA)

The online HRA will open [February 4, 2019](#) and close [February 15, 2019](#).

1. You will log on to the Health Risk Solutions Webpage — <http://www.LocktonforHealth.com>, and click on the button “Take Health Risk Assessment” box:



THEN click the “English” button:



2. Next, you will enter your Employer ID # [121019](#). At the time you begin the HRA, an email will be sent to your email address containing a 14-digit personal login. You will only need to use this in the event that you would need to stop the HRA and restart where you left off at a later time. [If you do not have computer access](#) and need to complete a paper HRA, please contact Sarpy County Human Resources at 402.593.4465. [If you do not have an email address](#), please use Nurseline@lockton.com when completing your HRA.

[If you completed the HRA in previous years, you will need to create a new username for 2019. Re-entering your 2018 HRA and making the changes for this year will not qualify as completion.](#)

All participants MUST complete the HRA in order for their biometric screening and laboratory results to be entered into the system.

Reminder: HRA closes February 15, 2019.

STEP 2: On-site health screening

1. The on-site health screenings are tentatively scheduled at the [Courthouse for March 18 – 22 from 6 to 10 am](#) and at the Sheriff's Office for March 25 – 29 from 7 to 10 am. [Human Resources will contact you with information regarding how to self-schedule appointment times.](#) The health screening (blood draw) will test for blood chemistry, complete blood count, complete lipid panel, hemoglobinA1c, and thyroid stimulating hormone (TSH). If you prefer to complete the health screening as part of an age related preventive visit with a personal physician, please contact Human Resources to obtain a copy of the Physician Form.
2. You must fast for at least 10 hours prior to the screening; however, you should drink plenty of water as it will help with the blood draw.

3. You can, and SHOULD, take your medications (EXCEPT diabetes medications). Bring your diabetes medications with you and take them with food AFTER your blood draw. If you have any questions about whether or not you should take a certain medication, please contact your healthcare provider for advice.
4. Please avoid drinking alcohol for 48 hours prior to the test, as it may affect test results.
5. If you are pregnant, you are not required to participate in the health screening – only the HRA. Please have your physician fax Lockton HRS (Attn: Brittany Whittington) a note that includes your full name, date of birth, and that you are currently pregnant and under their care. We will document that you are “complete” in our files. We will respect your privacy in this matter. The Lockton HRS fax number is secure: 1.888.251.2264
6. Please bring a photo ID and your insurance card with you to your screening appointment.
7. Once you obtain your results, you are welcome to visit with a Lockton Nurse who will explain your results and answer your questions. We encourage you to take advantage of the Nurse Advocate Program, which is described in the attached flier.

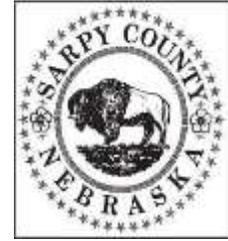
Wellness accommodations

Sarpy County with Lockton Health Risk Solutions provides alternatives for these goals. If your employer’s goals are considered unreasonably difficult due to a medical condition or are medically inadvisable, please contact Member Support at 1.888.251.2260 or by email at membersupport@lockton.com to request an accommodation form.

Lockton Health Risk Solutions

Phone: 1.888.251.2260

Email: MemberSupport@Lockton.com



2019 wellness program

Nurse advocate program

We are excited to continue our partnership with Lockton Health Risk Solutions as part of our wellness program. This program is one more resource that supports Sarpy County's goal to improve the health of our employees. The Nurse Advocate will not try to sell you any products, services, insurance, etc. It is simply a great FREE resource to help you maintain a healthy lifestyle!

The Nurse Advocate can be contacted by phone or email for private appointments to:

- ▲ Meet you and introduce the program
- ▲ Learn about your health and lifestyle
- ▲ Review your wellness results if you have participated in the health screening program
- ▲ Help you learn how to manage your personal risk factors
- ▲ Educate you about important medical care that is recommended for your best health

The Nurse Advocate Program is a voluntary program and an added benefit resource for Sarpy County employees. The program is free and confidential.

In order to achieve our wellness goals and objective, the Lockton nurse will have access to your health information including: biometric screening results, annual physical results and claims information from the insurance company.

Health information provided to the Lockton nurse is confidential and only used for the purposes of care coordination for your overall well-being. The integration of health information establishes a foundation to identify health risk and coordinate personalized health care and is not shared with any employee of Sarpy County or our insurance company. Lockton nurses are bound to adhere to all privacy laws, including HIPAA, just as your doctor's office is. None of your information, questions, or health goals are shared with anyone. Your information is held confidentially. Your information is not shared with or sold to anyone.



Sarpy County
Nurse Advocate:

Heather Holloway
hholloway@lockton.com | 402.970.6165





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- RISK MANAGEMENT
 - EMPLOYEE BENEFITS
 - RETIREMENT SERVICES



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