

## SUMNER COUNTY GOVERNMENT WELLNESS INCENTIVE 2020 PROGRAM

Employees/Spouses will have the option of completing an HRA **OR** a physical for the 2020 Wellness Incentive year.

### Choose HRA option:

Employees/Spouses may complete their HRA at a designated HRA event between **May 1-12, 2020**

**OR**

### Choose physical option:

Employees/spouses may complete an annual physical between **May 1, 2020-August 1, 2020** 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.

**\*\* Details on scheduling appointments and required paperwork will be announced.**

### Benchmarks:

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1) BMI < or = 30                   | 3) A1C less than 7.0        |
| 2) Blood pressure less than 140/90 | 4) Nicotine negative result |

### Benchmark/Coaching changes:

- Cholesterol is no longer a part of the requirements for wellness; however, your provider still may test and review these tests during your visit.
- BMI < or = 30 waist measurement is being removed
- Blood Pressure 140/90
- A1C 7.0 this benchmark will decrease after this wellness year to 5.7 in order to capture and educate prediabetic patients.
- Nicotine-a retest is required if positive
- Bloodwork is no longer fasting
- Health coaching be required if non-compliant and all health coaching will be completed with a One to One health coach.



## ATTENTION ALL GOVERNMENT EMPLOYEES AND SPOUSES

Please make sure you and your spouse have made an appointment for one of the events that are listed below if you choose the HRA option. The HRA completion deadline is May 12, 2020.

**\*To make your appointment please call 855-571-4500**

Things to remember:

You must call to make an appointment and complete the online paperwork in your patient portal

Bloodwork is no longer fasting, however please drink plenty of water

If you do not attend an HRA event on the dates and locations below, you may complete a physical at a One to One clinic or your primary care physician.

### 2020 HRA Dates (6 am – 9 am):

#### **Friday May 1**

Administration Building  
355 North Belvedere Drive  
Gallatin, TN 37066

#### **Saturday May 2**

Hendersonville Clinic  
114 Dunn St  
Hendersonville, TN 37075

#### **Monday May 4**

HWY Department  
1051 Old Highway 109 North  
Gallatin, TN 37066

#### **Tuesday May 5**

Sheriff's Office  
117 West Smith Street  
Gallatin, TN 37066

#### **Wednesday May 6**

EMS Building  
255 Airport Road  
Gallatin, TN 37066

#### **Thursday May 7**

Administration Building  
355 North Belvedere Drive  
Gallatin, TN 37066

#### **Monday May 11**

Sheriff's Office  
117 West Smith Street  
Gallatin, TN 37066

#### **Tuesday May 12**

EMS Building  
255 Airport Road  
Gallatin, TN 37066