

Wellness Plan Booklet

For City of Brentwood
Employees, Retirees and
Commissioners



City of Brentwood Wellness Plan

All Participants

This is a voluntary wellness incentive program for the employees, retirees and commissioners covered under the city medical plan. If you choose to complete all steps listed below by the deadline, you will be considered compliant. Those compliant will earn a discount on their insurance premium starting July 1.

Note: Anyone whose insurance goes into effect April 1 - June 1 will be exempt from requirements until the following wellness plan year starting July 1.

*****All participating members must complete or have on file the Employer Health Program Authorization Form and answer the Tobacco Affidavit within the MyPremiseHealth app (see page 4; step 5) *****

Step 1:

Complete your Health Risk Assessment (HRA) blood draw at the Brentwood Premise Health Wellness Center or with your Primary Care Provider between **July 1 – June 30.**

Step 2:

Complete your follow-up lab review and physical exam between **July 1 – June 30.**

Step 3:

Meet the benchmarks below or complete an approved wellness activity between **July 1 – June 30.**

Screening	Benchmark Values
Total Cholesterol <u>or</u> Total Cholesterol to HDL Ratio	Total Cholesterol \leq 220 <u>or</u> TC/HDL Ratio $<$ 5
Non-Fasting Blood Sugar (Glucose) or Hemoglobin A1C	140MG/dL or less or HbA1c $<$ 5.7
BMI (Body Mass Index) <u>or</u> Waist Circumference	BMI \leq 30 Waist $<$ 40 inches (males) and $<$ 35 inches (females)
Blood Pressure	Systolic \leq 140
Blood Pressure	Diastolic \leq 90

For further details on components of the incentive program, including steps to complete if opting to use a community provider, please see the following pages.

Reasonable Alternative:

Not sure if you can fully participate in this program because of a disability or medical condition?
You may be eligible for alternative ways to participate. For more information contact your HR Business Partner.

City of Brentwood Wellness Program Premise

Health step by step details...

Step 1:

Complete your Health Risk Assessment (HRA) blood draw at the Brentwood Premise Health Wellness Center between [July 1 - June 30](#).

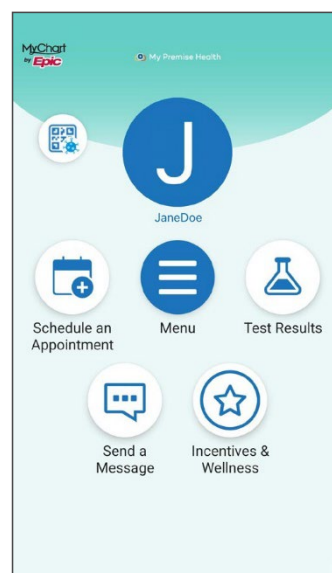
Things to know before your appointment: Your Health Risk Assessment will include a blood draw. We recommend that you fast for a minimum of 8-10 hours prior to your assessment. You may drink water and black coffee only. If you choose to complete your HRA non-fasting, some of your biometric data may be elevated.

Reserve your appointment using the ***My Premise Health app***, ***online at mypremisehealth.com*** or ***by calling the Brentwood clinic at 615-468-6592***.

*****Don't forget to complete/have on file the *Employer Health Program Authorization* form for the compliance information to be shared back to the City of Brentwood (see page 4; step 5). This form is good for 5 years after signing.**

How to schedule an appointment:

1. To register for a MyPremiseHealth account, please call the center at 615-468-6592 to have a link sent to you. Create a username and password.
2. Log in to your My Premise Health account with your username and password.
3. Select "Schedule an Appointment."
4. Select your appointment type from the available options. (Biometric Screening Visit for the lab draw and Annual Physical Exam for the lab review and physical appointment)
5. Choose a provider.
6. Select a date and time for your visit.
7. Confirm appointment details. In the box, provide any information you'd like your provider to know

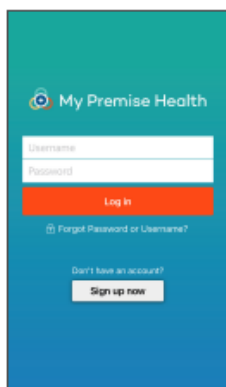


City of Brentwood Wellness Program Premise Health step by step details...

Step 2:

Complete your HRA follow-up lab review and physical exam at the Premise Health Brentwood clinic between **July 1 – June 30**.

The physical exam will include a review of medical history, lifestyle history and physical exam. **Participants need to complete the Employee Authorization form and Tobacco Affidavit through the MyPremiseHealth app. See the steps with examples below.**

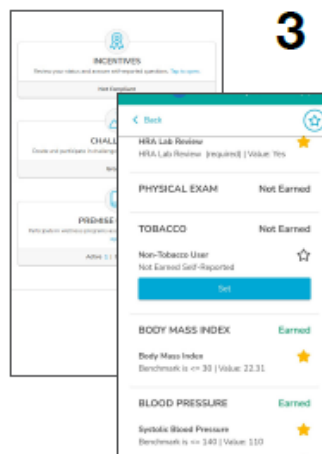
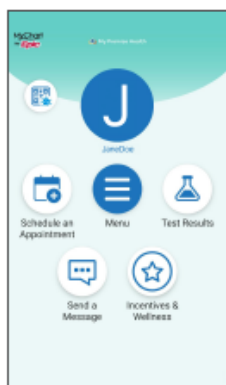


- 1** Log in to your My Premise Health account with your username and password. If you don't have an account, you can create one using the "Sign Up Now" option.

For support, call your wellness center, email mypremisehealthsupport@premisehealth.com or visit mypremisehealth.com and click "Contact Support" for assistance.

- 2** Select "Incentives & Wellness."

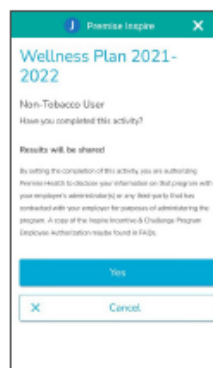
If "Incentives & Wellness" is not an option, select "Menu" to expand your choices. Under "My Record," select the "Incentives & Wellness" link to open Premise Inspire.



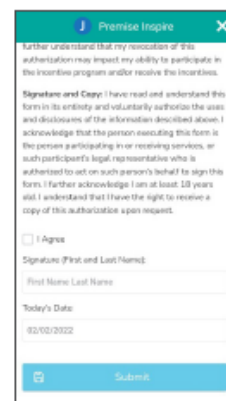
- 3** Select "Incentives."

- 4** Under "Tobacco," select your current status.

- 5** Fill out your Premise Inspire Incentive & Challenge Program Employee Authorization.



- 6** Confirm you've completed the activity.



City of Brentwood Wellness Program Premise

Health step by step details...

Step 3:

Meet the benchmarks listed or complete one of the alternate activity options below between **July 1 – June 30**.

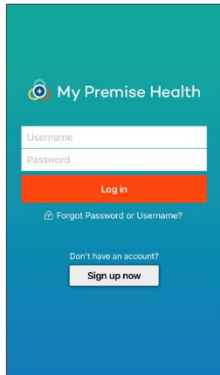
Screening	Benchmark Values
Total Cholesterol <u>or</u> Total Cholesterol to HDL Ratio	Total Cholesterol \leq 220 <u>or</u> TC/HDL Ratio $<$ 5
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Blood Pressure	Systolic \leq 140
Blood Pressure	Diastolic \leq 90

Alternate Activity Options:

1. Online Wellness Plan of Care via Premise Connect (see page 9)
2. Wellness Plan of Care with Premise Health coach (requires a minimum of two telephonic Health Coach visits at a minimum of 2 weeks apart)

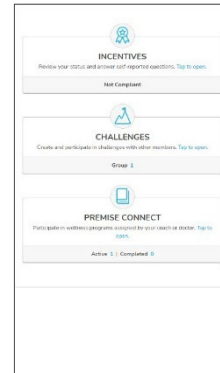
City of Brentwood

All Participants- How to check incentive status



- 1 Log in to your My Premise Health account with your username and password. If you don't have an account, you can create one using the "Sign Up Now" option.

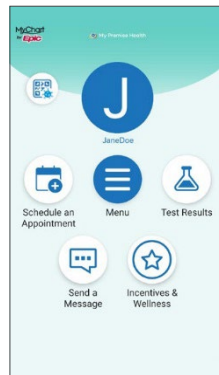
For support, call your wellness center, email mypremisehealthsupport@premisehealth.com or visit mypremisehealth.com and click "Contact Support" for assistance.



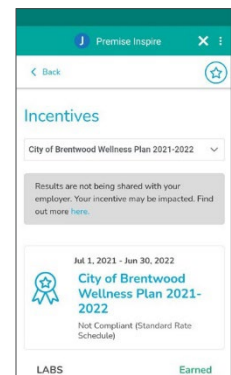
- 3 Select "Incentives"

- 2 Select "Incentives & Wellness."

If "Incentives & Wellness" is not an option, select "Menu" to expand choices. Under "My Record" select the "Incentives & Wellness" link to open Premise Inspire.



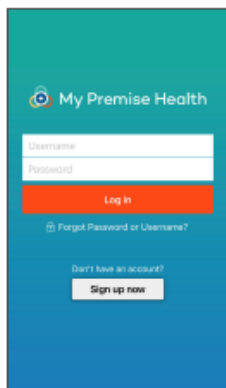
- 4 From here, you are able to see if you are "compliant" or "not compliant" under this year's wellness plan.



City of Brentwood Wellness Program

Community Provider step by step details...

Participants who use their primary care provider will need to complete the Employer Health Program Authorization Form and Tobacco Affidavit through the MyPremiseHealth app. See the steps with examples below.

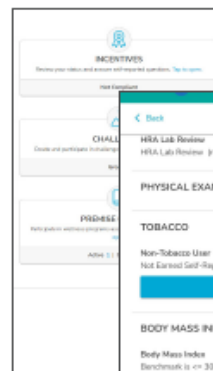
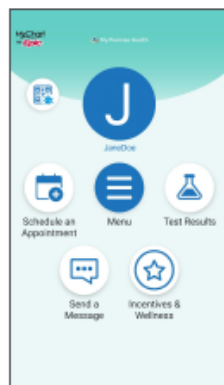
The image shows the login screen for the My Premise Health app. It features a teal header with the app's logo and name. Below the header, there are input fields for 'Username' and 'Password'. A red 'Log In' button is positioned below the password field. At the bottom, there is a link for 'Forgot Password or Username?' and a 'Sign up now' button.

- 1** Log in to your My Premise Health account with your username and password. If you don't have an account, you can create one using the "Sign Up Now" option.

For support, call your wellness center, email mypremisehealthsupport@premisehealth.com or visit mypremisehealth.com and click "Contact Support" for assistance.

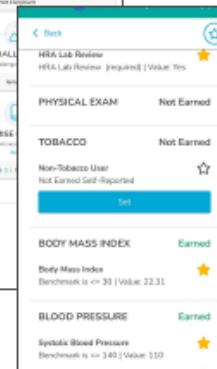
- 2** Select "Incentives & Wellness."

If "Incentives & Wellness" is not an option, select "Menu" to expand your choices. Under "My Record," select the "Incentives & Wellness" link to open Premise Inspire.

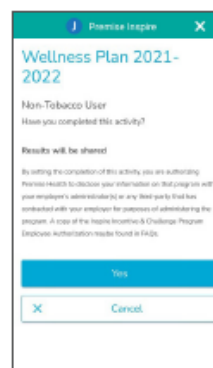
The image shows the 'Incentives' screen in the app. It lists various health challenges and their status. For example, 'HHA Lab Review' is 'Not Earned', 'PHYSICAL EXAM' is 'Not Earned', 'TOBACCO' is 'Not Earned', 'BODY MASS INDEX' is 'Earned', and 'BLOOD PRESSURE' is 'Earned'.

- 3** Select "Incentives."

- 4** Under "Tobacco," select your current status.

The image shows the 'Tobacco' status selection screen. It asks 'Non-Tobacco User' and 'Not Earned Self-Reported'. There are two buttons: 'Yes' and 'No'. The 'Yes' button is highlighted.

- 5** Fill out your Premise Inspire Incentive & Challenge Program Employee Authorization.

The image shows the 'Premise Inspire' app screen. It displays the 'Wellness Plan 2021-2022' and asks 'Non-Tobacco User' and 'How you completed this activity?'. There are two buttons: 'Yes' and 'Cancel'.The image shows the 'Premise Inspire' authorization form. It contains a disclaimer, a signature line, a date field, and a 'Submit' button.

- 6** Confirm you've completed the activity.

City of Brentwood Wellness Program

Community Provider step by step details...

Step 1:

Complete your lab work and biometric screening with your community provider between **July 1 – June 30**.

Step 2:

Complete your lab review and physical with your community provider between **July 1 – June 30**.

- Have the *Community Provider Wellness Form* completed by your provider and fax it to (615) 468-3499. For a copy of the form, please contact the City HR department.

Step 3:

Meet the benchmarks listed or complete one of the alternate activities below between **July 1 – June 30**.

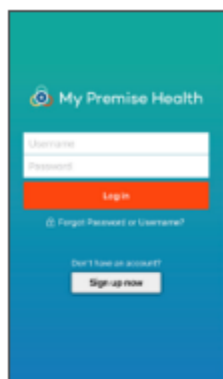
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Alternate Activity Options:

1. Online Wellness Plan of Care via Premise Connect (See page 9)
2. Wellness Plan of Care with Premise Health coach (requires a minimum of two telephonic Health Coach visits at a minimum of 2 weeks apart)
3. Plan of Care outlined by your physician

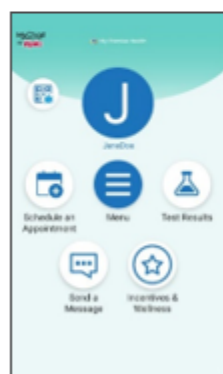
City of Brentwood Wellness Program

Alternative Activity Option - Premise Connect...

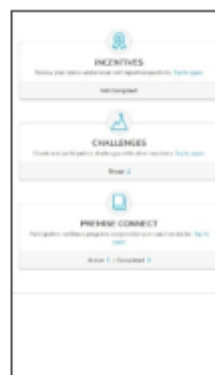


- 1** Log in to your My Premise Health account with your username and password. If you don't have an account, you can create one using the "Sign Up Now" option.

For support, call your wellness center, email mypremisehealthsupport@premisehealth.com or visit mypremisehealth.com and click "Contact Support" for assistance.



- 2** Select "Incentives & Wellness."
- If "Incentives & Wellness" is not an option, select "Menu" to expand choices. Under "My Record" select the "Incentives & Wellness" link to open Premise Inspire.



- 3** Select "Premise Connect."