

EMBRACING WELLNESS



- The Prevention Plan is an innovative benefit developed by U.S. Preventive Medicine.
- The Prevention Plan is coming to Williamson County June 5, 2012.
- This optional program provides participants with health and wellness support, tools, and information.

**The Prevention Plan from
U.S. Preventive Medicine**

- All of the information in the Prevention Plan is between the participant and USPM, the private, HIPAA-compliant company that is providing these services. The personal health data is completely confidential and will NEVER be shared with colleagues at Williamson County or the Third Party Administrators.

**The Prevention Plan from
U.S. Preventive Medicine**

- A Welcome Packet will be mailed to Employees, Retirees, and Spouses currently enrolled the Medical Plan.
- Those who wish to participate and receive the incentives should complete the following:
 - www.ThePreventionPlan.com
 - Complete an online Health Risk Appraisal
 - Sign up and complete the free on-site screenings **OR**
Print a LabCorp form and go to a nearby LabCorp Patient Service Center to complete the free screenings

**The Prevention Plan from
U.S. Preventive Medicine**

- **Screenings:**

- **Total Cholesterol** – Elevated cholesterol is associated with an increasing risk of coronary heart disease
- **HDL** – High-density lipoproteins, known as the “good” cholesterol, take cholesterol away from cells and transport it to the liver for processing or removal
- **LDL** – Low-density lipoproteins, often called “bad” cholesterol, contain the greatest percentage of cholesterol and may be responsible for depositing cholesterol on the artery walls
- **VLDL** – Very Low-density lipoproteins, like LDL cholesterol, are considered a type of “bad” cholesterol because elevated levels are associated with an increased risk of coronary artery disease
- **Cholesterol HDL Ratio** – Ratio used in determining relative risk for developing cardiovascular heart disease
- **Triglycerides** – A fat in the blood responsible for providing energy to the cells of the body
- **Glucose** – Blood sugar level to uncover diabetes
- **BMI** – Body Mass Index
- **Blood Pressure** – (Systolic / Diastolic) The pressure exerted by circulating blood upon the walls of blood vessels
- **Waist Measurement**
- **Cotinine Test** - Testing for the presence of cotinine is a standard test to determine if a person is a tobacco user

- A personalized health improvement plan is created for each participant.
- A Health Coach will reach out to those in Moderate or High risk level to provide support and motivation to help the participant meet their goals.
- We encourage participants to share their personalized report with their health care provider. Participants should continue to utilize the preventive care services available through our health plan options and partner with their health care provider to get appropriate screenings, tests, and services.

Incentives for plan year beginning 11/1/2012:

- Receive \$70 per month discount on your medical plan premium if:
 - Tobacco-free or qualify for the Reasonable Alternative

AND / OR

- Receive \$70 per month discount on your medical plan premium if:
 - Complete the Health Risk Appraisal and the Screenings

This means if enrolled in Employee Only or Employee + Child(ren) coverage you could receive a total discount of \$140 per month on your medical plan premiums.

**Premiums for the 11/1/2012 – 10/31/2013
Benefit Plan Year have not been set**

Incentives for plan year beginning 11/1/2012:

- Receive \$140 per month discount on your medical plan premium if:
 - Tobacco-free or qualify for the Reasonable Alternative

AND / OR

- Receive \$140 per month discount on your medical plan premium if:
 - Complete the Health Risk Appraisal and the Screenings

This means if enrolled in Employee + Spouse or Employee + Family coverage you could receive a total discount of \$280 per month on your medical plan premiums.

If both the Employee and Spouse are enrolled in the Medical Plan, both must participate in order to be eligible for the discount.

**Premiums for the 11/1/2012 – 10/31/2013
Benefit Plan Year have not been set**

Incentives for plan year beginning 11/1/2012:

- Dental Plan Design Change
- Up to two annual cleanings per benefit plan year will not count towards the maximum.
 - Low Plan \$750
 - High Plan \$1500

QUESTIONS and COMMENTS