

Instruction sheet for Wellness Visit and Incentive

We are committed to collaborating with you in achieving your health goals. The new Norman Regional Health System employee wellness incentive program is designed to help bring awareness of your current health status and establish relationships with your primary care provider.

Who is eligible? All NRHS active employees full-time, part-time and PRN.

How do I participate in the NRHS employee wellness incentive program? The program is voluntary and runs from January 1, 2019 – December 31, 2019. Complete these simple steps:

1. Get your blood drawn for a **fasting*** Lipid Profile and HbA1c. NRHS will offer one free lipid profile and HbA1c to all employees January 1 – December 16, 2019 at any NRHS lab location.
2. Schedule your wellness visit. **Be sure to mention you are scheduling the wellness visit for the NRHS employee wellness incentive program. If you do not have a provider you may have to schedule an established patient appointment and then schedule wellness visit separately.**
3. Bring your NRHS Wellness visit form with you to the appointment. It is enclosed with your lab results, located on Mylink or go to www.mywellatwork.com and click on the NRHS employee wellness incentive button.
4. Complete the Employee Information section at the top of the form before the visit.
5. **Bring your lab test results with you to the visit. The provider or wellness nurse may not have access to your lab. Take a picture of your lab results and save to your phone or tablet for future reference.**
6. Review lab results that have been completed after December 31, 2018 with your provider or wellness nurse. Any abnormal results during the wellness visit may lead to an additional appointment with your provider.
7. **Any additional tests or issues addressed during this visit may incur additional charges.**
8. Have provider or wellness nurse complete the Provider Information, sign and date the NRHS Wellness visit form.
9. Return your **completed** NRHS Wellness visit form to Rachel Pieper by December 31, 2019. **Keep a copy for your records.**

***Don't eat or drink anything except water 12 hours before lab appointment.**

It Pays to Participate – If you complete all steps in the wellness incentive program and remain actively employed on date of payment, you will qualify for a \$50 NRHS Visa award card. Processing will take four to six weeks from the time your form is received. The award is sent via interdepartmental mail only. The award card value will be included as a taxable income in your paycheck and will appear as a separate earning Well GC **and** deduction of WellGCD.

Send completed NRHS wellness visit paperwork by interdepartmental mail to Rachel Pieper, Informatics, fax it to (405)515-5043, or scan and email it to: rpieper@nrh-ok.com. All information is confidential.

All completed NRHS wellness visit forms must be received by December 31, 2019.

If you are looking for a new primary care provider or do not have one please use our Community Call Center to locate a provider for the wellness visit! Call 515-5000. For further information about the NRHS employee wellness incentive program please email NRHS_WellnessIncentive@nrh-ok.com. A member of the wellness committee will facilitate a response as quickly as possible.