Who Needs to Qualify for 2020?

- All Covered Spouses
- New Hires & Their Spouses
- Employees wanting to upgrade

October 1st is the beginning of the new qualifying period for the 2020 plan year.

Those needing to qualify this year include:
- All Covered Spouses
- New Hires & New Spouses
- Employees wishing to upgrade Health Plan.


Employees who did not earn the Premium Cost Share for 2019 but would like to upgrade for 2020 are eligible to do so beginning 11/1/18 and MUST contact the Health Advocate office at 239-252-5588. Please see pages two and three in this brochure for specific details concerning the qualifiers.

Employees who earned Premium for year 2019, do NOT need to complete qualifiers.

New Vision Buy-Up option!!!

You asked, and we listened! Risk Management sent out a survey for feedback regarding benefits and due to member response, we are now offering an "Enhanced" vision option! You may enroll during the open enrollment dates of Nov. 1st - Nov 14th, 2018. See the benefit and cost details below for both options.

**BASIC VISION**

One eye exam every 12 months with a $10 Co-Pay (VSP Providers)
15% to 20% off Eyeglasses, Lenses and Frames (VSP providers)

**Your Cost per pay period:**

Single $0
Family $0

**SELECT VISION BUY-UP PLAN**

*One eye exam every 12 months with a $10 Co-Pay (VSP Providers)*
*Frames allowable amount $150 per year (VSP Providers)*
*Lenses (Single/Bifocal and Trifocal) $10 Co-Pay (VSP Providers)*
*Includes a variety of additional Lenses options*
*Contact Lenses (in Lieu of Lenses/Frames) allowable amount $150 per year*
*Contact Fit & Follow-up 15% Discount up to Max Member Cost of $60*

**Your Cost per pay period:**

Single $3.67
Family $9.67

Need a VSP provider?
Go to www.VSP.com or you may call 1-800-877-7195.

Dont Forget the 3, 6, 9 Deadline’s!!!!!

March 31, 2019 Lab Draw through our program
June 30, 2019 Health Advocate or Wellness meeting
September 30, 2019 All additional and required qualifiers
**STEP-BY-STEP: QUALIFIERS FOR 2020 HEALTH PLAN**

**Group Health Plan**

All Spouses, New Hires, New Spouses and current employees who are enrolled in the Group Health plan, are eligible for medical coverage. For those who are more wellness conscious, you can earn lower co-pays, deductibles and out of pocket expenses by completing qualifiers for Select or Premium Cost Share options. Remember: The qualifiers do have strict deadlines that must be met in order to earn the lower cost share options.

**Select Cost Share Qualifiers**

**STEP 1.**

Make a Lab Draw appointment with Midland Health between 11/1/18 and 3/31/2019

Midland Health, a contracted, outside lab company, is scheduled to do lab draws at various County sites. Appointments for these sites should be scheduled at [www.chpha.com](http://www.chpha.com), which will link you to Midland Health. Notices have been mailed with locations, dates, and times. *Click Step 1*

At the Midland Health work site event or their local office at Walden Oaks Professional Center, Lab Techs will provide these services:
- Blood draw for a complete screening
- Height, weight, and waist circumference
- Blood pressure

**STEP 2.**

Complete an initial Health Advocate appointment with a contracted on-site Health Advocate or Wellness Educator (by referral) by the 6/30/2019 deadline.

Health Advocates are contracted health professionals. Their private office location is at the main campus, Risk Management, Bldg D. Go to [www.chpha.com](http://www.chpha.com) and click on Step 2 to schedule a confidential appointment.

**Scheduling Advocate Meetings:** Schedule at least one month after lab draw.
- Go to [www.chpha.com](http://www.chpha.com)
- Click on the second blue box

At your meeting you will discuss:
- Lab and biometric related health risk factors that may indicate a need for wellness education.
- Goal setting and follow-up care.
- Additional requirements for the Premium Cost Share.

**NOTE: Pertains to Select and Premium Cost Shares**

**Symbol Explanations:**

- > Greater Than or ≥ Equal To
- < Less Than or ≤ Equal To

If your A1C is ≥ 6.5% and/or a Fasting Blood Glucose ≥ 126 mg/dl and you have never been diagnosed with Type 2 Diabetes, you will be directed to the MedCenter. Your appointment must be within 7 days. Three Wellness education classes and other Wellness qualifier interventions will be necessary for this level of blood glucose unless determined otherwise by the MedCenter practitioner.

Those members who have previously been diagnosed with Type 1 or Type 2 Diabetes – schedule a meeting with a Wellness Educator on GoSignMeUp or call the Health Advocate office, 252-5588, for assistance.

According to the American Association of Clinical Endocrinologists, Type 2 Diabetes is defined as 2 A1C ≥6.5% or 2 FBG 126mg/dL and above. All lab confirmations will follow the “Meets Clinical Criteria” Qualifier track. Pre-Diabetes defined as an A1C 5.7%-6.4% or an A1C of >5.5% with a FBG of 100-125mg/dL.

**DON’T DELAY!!!**

- Physical exam can be completed as early as October 1, 2018.
- On-Site Lab Draw events with Midland Health will be held November 1, 2018 - March 31, 2019. Schedule your lab draw on [www.chpha.com](http://www.chpha.com) website.
- After your lab draw, make sure to schedule an Advocate meeting at [www.chpha.com](http://www.chpha.com) at least one month later.
**Premium Cost Share Qualifiers**

**STEP 1.**

Make a Lab Draw appointment with Midland Health between 11/1/18 and 3/31/2019 deadline.

Midland Health is a contracted outside lab company that is scheduled to do lab draws at various County sites. Appointments for these sites should be scheduled at www.chpha.com, which will link you to Midland Health. Notices have been mailed with locations, dates, and times.

At a Midland Health work site event or the Walden Oaks Professional Center, Lab Techs will provide these services:
- Blood draw for a complete screening
- Height, weight, and waist circumference
- Blood pressure

**STEP 2.**

Complete an initial Advocate appointment with a contracted Health Advocate or Wellness Educator by 6/30/2019.

Their office location is at the main campus in Risk Management Bldg. Go to www.chpha.com and click on Step 2 to schedule a confidential appointment.

**Scheduling Advocate Meetings:** Schedule at least one month after lab draw.
- Go to www.chpha.com
- Click on the second blue box
- **At your meeting you will discuss:**
  - Lab and biometric health risk factors.
  - Goal setting and follow-up care.
  - Additional requirements for the Premium Cost Share.
  - Initial Wellness meeting due by 6/30/2019 (referral from the Health Advocate office only)

* NOTE: Participants who are NOT required to do Age/Gender Based Screenings, who have NO risk factors, who test negative for Nicotine use AND who have completed steps 1-2 will be enrolled in the Premium Cost Share effective Jan. 1, 2020.

**STEP 3.**

Age/Gender Based Screenings (For ages 20, 25, 30, 35, 40, 43, 46, 50 & over) If you haven’t completed a physical exam at the above ages, an exam will be required.
- Schedule an appointment with The Med Center or your Primary Care Physician.
- Provide a copy of your labs to your physician for review.
- Complete all screenings indicated on your worksheet.

* NOTE: Participants who have NO risk factors, who test negative for Nicotine use AND who have completed steps 1-3 will be enrolled in the Premium Cost Share effective Jan. 1, 2020.

**STEP 4.**

Nicotine Cessation
If you use tobacco products (includes dip or chew) and/or nicotine replacement products (gums, patches etc. or e-cigarettes), you must complete the nicotine cessation program, “Commit to Quit” by Sept. 30, 2019. **Follow these steps for Program enrollment:**

**Register for Program by 7/31/19**
- **Step 1:** Initial appointment at Med Center Main Campus, 252-4257 or Med Center North, 315-7111
- **Step 2:** Attend 6 weekly 1 hour classes (offered in complete series) Register on GoSignMeUp http://colliergov.gosingnmeup.com
- **Step 3:** Repeat Nicotine Lab Draw upon program completion starting 7/21/19

You are required to re-start the program if you miss a class in the series.

**STEP 5.**

Wellness Education and Health Risk Factors
Wellness Education Qualifiers are met by attending group education and/or individual counseling sessions with a licensed Wellness diettian.

**Scheduling Wellness meetings:**
- Wellness meetings are scheduled on the GoSignMeUp system under Individual Appointment
  - Diabetes or 4-5 Risk Factors

Health risk factors that may indicate a need for group education and/or individual counseling with a Wellness diettian are:
- Blood pressure ≥130/90
- Waist circumference men > 40” and women > 35”
- Hemoglobin A1C ≥ 5.7 * and or fasting blood glucose 100-125 with A1C ≥ 5.5
- LDL cholesterol ≥130
- Triglycerides ≥ 150

* All participants with existing diabetes or lab work that meets clinical criteria for a diabetes diagnosis will require individual counseling with a Wellness diettian. Those with an A1C>7.0%, newly diagnosed, or meets clinical criteria for diabetes will require one or more wellness classes.
- Those with Pre-Diabetes MUST complete one Wellness Education class.

**STEP 6.**

All those with 4-5 Risk Factors and/or Type 1 or 2 Diabetes are required to have a follow-up A1C, Lipid Panel or combo A1C/Lipid Panel between mid July – Sept. 2019 thru Midland Health or the Med Center by appointment.

**Med Center Main Campus** - 252-4257.
**Med Center North** - 315-7111.
Your Health Advocate team will:
- Guide you through all steps to qualify for the cost shares.
- Provide computer support.
- Assist with Provider referrals
- Assist with Spanish translation
- Goal setting
- Schedule Follow-ups
- Provide referrals to
  - Wellness Educators
  - Case Management
  - Disease Management
  - Diabetes Program
  - Tobacco Cessation Program

Location:
Main County campus in Building D
Hours: 8:00 am to 5:00 pm Monday through Friday
Phone: 239-252-5588
To access & register for all Wellness Education programs, go to www.chpha.com.

Our Emotional Wellness Program Offers services to employees and their children of all ages who are in need of support with emotional and behavioral issues such as:
- Depressed mood
- Anxiety
- Relational issues
- Grief
- Loss and other common stressors

Other Services:
- Parenting classes
- Play therapy
- Age-appropriate/age-specific services
- Anti-bullying
- Child anxiety management
- Trauma therapy/Services for PTSD

For appointments, contact Josie Means at 239-659-7751 or email her at jmeans@chealthpartners.com

Adult Services:
- Lisa Fasanella
- Anabel Sathan

Children/Adolescent Services:
- Jaime Crossan-DeBres

For Insured Collier County Group Health Plan members
FREE individual sessions
Unlimited visits
Main Campus location for your convenience or Community Health Partners down town office located at 851 5th Ave N., Suite 201.
This is a confidential service.