

HCS Wellness Incentive Guide



We're excited to announce that the Hampton City Schools Employee Health & Wellness Center is under new management with full primary care services, wellness and occupational health. The health center and wellness incentive program are now being managed by QuadMed. The program will have some similarities and some differences to your previous program. The full program will launch later this fall. Below is a preview of activities you can choose from to fulfill your requirements. No need to wait until the program is live, you can complete your chosen activities now.

HOW IT WORKS

Employees + Spouses (on medical plan) :

Complete wellness activities between: **July 1, 2024 – June 30, 2025**

Meet minimum requirements = a lower health insurance premium or higher HSA contribution if enrolled in the CDHP medical plan for the benefits plan year beginning October 1, 2025.



REQUIRED ACTIVITY:

PHA (Personal Health Assessment). Schedule your PHA beginning in September.



DEADLINE:

Activities must be completed between **July 1, 2024 and June 30, 2025**.



PHA TARGET BONUS:

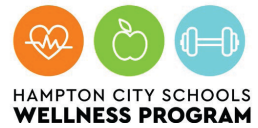
You will receive credit for each of the biometric values that meet the targets outlined in this guide.



LOGGING ACTIVITIES:

All activities will be tracked through the new wellness portal that will be available later in 2024.

ACTIVITIES



The first step to managing your health care with the Hampton City Schools Employee Health & Wellness Center is to set up your patient account in MyChart. Visit the myquadmed.com/Hampton page and click on the MyChart Sign Up button at the top of the page.

** Please note: For the 24/25 school year, a PHA is required.*

Personal Health Assessment (PHA) - Required Activity

There are three choices for completing a PHA, schedule an appointment:

1. with a provider at the HCS Employee Health & Wellness Center when in-person visits are available
2. with your own provider
3. at an onsite screening event (Look for the calendar later this fall).

If screenings are done with your community provider, the provider will need to complete the Outside Provider form, located at myquadmed.com/Hampton/form. Refer to the form for instructions on how to submit it once completed.

Annual Physical Exam

Annual physical exam offered at the HCS Employee Health & Wellness Center OR a routine annual exam provided by your community PCP or OB/GYN.

Cancer Screening(s)

(Guidelines based on US Preventive Services Task Force.)

Breast Cancer Screening:

- Women aged 40-49 - Individual decisions based on patient history
- Women aged 50-74 - Screen every two years

Cervical Cancer:

Women ages 21-65 - Screen with pap smear every three years

Colorectal Cancer:

Adults aged 50-75 - Screen with high sensitivity fecal occult blood testing, sigmoidoscopy, or colonoscopy.

Prostate Cancer:

Men ages 55-69 - Screen with PSA blood test and physical exam.

Dental Exam

Per your dental benefit, visit your dentist for a routine exam.

Flu Shot

For the best protection against the flu, everyone six months and older should get vaccinated annually.

Health Coaching

Health coaching can help you achieve and maintain health-related goals. Look forward to scheduling an appointment later this fall.

Health Education and Group Sessions

Be on the lookout for programs to be announced throughout the school year.

PHA Target Bonus

You will receive credit for each biometric value where your risk is within the outlined values below:

- triglycerides < 200 mg/dl
- blood pressure < 140/90
- glucose < 126 mg/dl
- BMI ≤ 29
- waist circumference < 35 inches women < 40 inches men
- total cholesterol < 240 mg/d

Personal Health Assessment (PHA) Review

The PHA review will be available at the HCS Employee Health & Wellness Center. After you complete your PHA, schedule your PHA review appointment with a wellness center provider.

Pharmacy Safety Session

Set up your personalized pharmacy medication review appointment with Kristin Jennings, PharmD, by calling our HCS Employee Pharmacy at (757) 224-9681. Please note that this session is available only to those employees or spouses currently enrolled in one of our HCS medical plans and is most useful to the person taking routine prescriptions which treat chronic or long-term conditions.

Vision Exam

Per your vision benefit, visit your vision provider for a routine exam.

The following activities will also be available in the new wellness portal:

- Fitness Tracking
- HRA (Health Risk Assessment)
- Wellness Challenges

All activities will be tracked via the wellness portal once available. It is your responsibility to verify all program activities are met and reported by June 30, 2025.

If you are unable to complete the activities associated with the wellness program, there may be a reasonable alternative available to you. Call Nicole Samuelson at (757) 727-2326 to discuss.

QuadMed 