



Get Rewarded for Becoming a Healthier You



Our Mission

At Hampton City Schools our mission is to promote the health, well-being and quality of life of our employees and their family members through population health and wellness programming focused on the body, mind, and healthful habits. As an employer, we have heavily invested in resources to support lifestyle and behavior change and improved access to affordable clinical care through our Hampton City Schools Employee Health & Wellness Center. Our wellness program is voluntary, but we encourage you to participate. The program provides an opportunity to learn more about your individual health profile and helps you maintain and reach your personal health goals.



How it Works

Employees + Spouse (on medical plan)

Earn points by completing wellness activities between:

July 1, 2022 - June 30, 2023

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, 2023.

7 points required

Two of the points must come from getting a biometric screening (PHA), and then logging in to HealthPassport and checking the acknowledgment box. In order to access HealthPassport, you will first need to activate your CareATC patient account by visiting www.careatc.com/patients or downloading the CareATC app and following the registration prompts.

7 pts

Required Points: 7 total points 2 from required activities + 5 points from other activities or bonus points.

PHA

Required Activities: PHA (Personal Health Assessment) **and account activation** through the CareATC Patient Portal. Employees earn one point for each of the two required activities.



Deadline: Points must be earned and logged between **July 1, 2022 and June 30, 2023**.



Bonus Points: You will receive a bonus point for each of the biometric values that meet the targets outlined in this guide (see page 3). Employees who complete the required activities and earn the maximum number of bonus points will have completed the requirements for the wellness incentive program.



Logging Points: All points will be tracked through the **CareATC Patient Portal** on **HealthPassport starting July 1**. Visit careatc.com/patients or download the CareATC app to get started.

More detailed information can be found on the following pages.

Eligibility & Wellness Premium Incentive



While part-time, job share, and full-time employees are eligible to participate in wellness challenges through the HCS Employee Health & Wellness Center, **our incentive program is currently only available to those employees eligible for one of our HCS medical plans.** The incentive program will encourage you to take control of your health. The program operates on the accumulation of points based on voluntary participation in the activities described later in this document. Points are accumulated and self-reported throughout the program year toward your reward.



Employees who log a minimum of seven points (including 2 points from the required activities) between July 1, 2022 and June 30, 2023 are eligible for a discount to their Choice or Signature medical premiums for the plan year beginning October 1, 2023. Employees enrolled in the CDHP will receive an additional contribution to their health savings account in lieu of a premium discount if they meet the minimum requirements during the year. Please note that your incentive is based on medical plan enrollment as of October 1, 2023.



Spouses who are covered under an HCS medical plan are also encouraged to participate in our wellness incentive program. An employee who is covering their spouse will only earn the premium discount or HSA incentive for the following school year if **both they and their spouse** each meet the minimum requirements during the current school year. If only the employee or only the spouse earns seven points, then the incentive has not been earned. In addition, we will not look at a total number of points for the couple. Each family member must earn their own points. Points cannot be shared.



New hires will automatically receive the incentive for the first year. Full-time employees hired on or after April 1 will receive the incentive for both their first school year and the following year.

Activities

Please note that for the 22/23 school year, both a PHA and an activation of your CareATC Patient Portal account are required. Each activity is worth one point.

Activate your account by visiting careatc.com/patients or after downloading the CareATC app.

Once your account is activated, you can schedule your PHA on the portal by selecting “Schedule your PHA”. There are three choices for completing a PHA; you can choose to schedule at the HCS Employee Health & Wellness Center, with your own provider, or at a LabCorp location. If choosing to see your own provider, the provider will need to complete the Physician Attestation form. You can find this form on the portal when selecting “Outside provider” then “Your Personal Provider”. Download the form and print. Once your provider has completed the form, submit to PAForm@CareATC.com or mail to Attn: PHA Dept. 4500 S 129th E Ave Tulsa, OK 74134-5891 on or before June 30.

2 Required Activities = 2pts



Activate Your CareATC Patient Portal Account

Visit careatc.com/patients



Schedule and Complete Your PHA

(Personal Health Assessment)

Activities	Point Value	Max Allowed
Activate Account and HealthPassport Acknowledgment	1	1
PHA (Personal Health Assessment)	1	1
Annual Physical Exam	1	1
Cancer Screenings	2	5
Dental Exam(s)	1	2
Flu Shot	1	1
Health Coaching	2	4
HealthPassport Fitness Tracker	1	2
HRA (Health Risk Assessment)	1	1
Medication Education Session	1	1
Onsite Meet & Greets or Virtual Education Webinars	1	2
PHA Bonus Points	1	5
PHA Review	1	1
Vision Exam	1	1
Wellness Challenges	1	3

A detailed description of each activity is on the following pages.

= Required Activity

Activities

CareATC
Personal Health Summary

RESULTS AT A GLANCE

VITALS

Test Name	Result	Risk	Previous	% Change	Normal
Height	60.75	●	60.75	0	0-99
Weight	94	●	92	2%	0-99
Body Mass Index (BMI)	25.9	●	23.2	-10%	18.5-24.9
Waist Measurement	33	●	32	3%	0-44
Systolic Pressure	102	●	98	3%	0-100
Diastolic Pressure	66	●	71	8%	60-70
Tobacco Usage	YES	●	YES	N/A	NO

HEART

Test Name	Result	Risk	Previous	% Change	Normal
Total Cholesterol	60.75	●	60.75	0	0-99
LDL (Low Density Lipoprotein)	94	●	92	2%	0-99
HDL (High Density Lipoprotein)	25.9	●	23.2	-10%	18.5-24.9
Ratio of Cholesterol to HDL	33	●	32	3%	0-44
Triglycerides	92	●	88	5%	0-160

KIDNEYS

Test Name	Result	Risk	Previous	% Change	Normal
Sodium (Na)	60.75	●	60.75	0	0-99
Proteinuria (U)	94	●	92	2%	0-99
Chloride (Cl)	25.9	●	23.2	-10%	18.5-24.9
Carbon Dioxide (CO2)	33	●	32	3%	0-44
Blood Urea Nitrogen (BUN)	102	●	98	3%	0-100
Creatinine, Serum	0.66	●	0.7	6%	0.50-1.00
BUN:Creat Ratio	14	●	16	1%	9-23
Creatinine (Cr)	0.9	●	0.8	1%	0.7-1.2

ENDOCRINE

Test Name	Result	Risk	Previous	% Change	Normal
Blood Gluc	60.75	●	60.75	0	0-99
Hemoglobin A1c (HbA1c)	94	●	92	2%	0-99
Thyroid Stimulating Hormone	25.9	●	23.2	-10%	18.5-24.9
PHN	0.6	●	0.6	0	0-4

Required Activity

Personal Health Assessment (PHA)

1pt



The Personal Health Assessment (PHA) consists of a fasting comprehensive metabolic blood draw, as well as measurements of your height, weight, waist, and blood pressure. PHAs can either be performed at the HCS Employee Health & Wellness Center or you can visit your primary care provider. However, if screenings are done with your provider, the provider will need to complete the Physician Attestation form. You will then need to return the form to PAFORMS@careatc.com or mail it to Attn: PHA Dept. 4500 S 129th E Ave Tulsa, OK 74134-5891. To find the form, login at careatc.com/patient, select schedule a PHA, select at another location, select my personal physician, then you will receive a prompt to download the form.

Physician Attestation

Do you want to download the form for your personal physician to fill out?

[Download Form](#) [Cancel](#)

Required Activity

Activate Your Patient Account on the CareATC Patient Portal

1pt



Activate your patient account by visiting careatc.com/patients or by downloading the **CareATC app**. Once there, access HealthPassport and check the “I have read the requirements” acknowledgment box.

Patient Portal

CareATC app

You work hard. Let's make healthy living easy.

COVID-19 Resource Center | Prepare for your Virtual Visit

COVID-19 Information | Patient Forms & Contact

Better Care. Better Health.

As a leader in the employer worksite healthcare sector providing on-site, shared-site and near-site care models lowers costs, promotes health, and saves lives. The **Power to be Well** is a promise of better care, better health, and better lives. Visit careatc.com to view your medical records, schedule appointments, and message your CareATC provider at any time in the app.

Home **My PHN** **Locations** **Account**

Health Passport **Patient Forms**

Schedule an Appointment **Message Your CareATC Provider**

Get Started with Telemedicine **Review Medical Records**

Manage Medication Refills **Explore Health Education Library**

HIPAA
Health Insurance Portability & Accountability Act

Annual Physical Exam

1pt



Annual physical exam offered at the HCS Employee Health & Wellness Center **OR** a routine annual exam covered under the medical plan, provided by your PCP or OB/GYN. The exam includes a review of your medical and family history, development or update of current providers and prescriptions, routine biometric measurements, detection of cognitive impairment, personalized health advice, risk factor analysis and associated treatment options, and screening schedule for appropriate preventive services.

Cancer Screening(s)

up to **5pts**



Breast Cancer Screening:

Women aged 40-49 - Individual decisions to begin according to patient history and value
Women aged 50-74 - Screen every two years.

Cervical Cancer: Women ages 21-65 -
Screen with Pap smear every 3 years

Colo-rectal Cancer: Adults age 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.

(Guidelines based on US Preventive Services Task Force.)

Dental Exam

up to **2pt**



Per your dental benefit, your dentist will perform the following routine checks: Examine and assess gum health; check for gum disease; diagnose any existing tooth decay; when indicated, take and analyze x-rays, which may reveal decay, bone loss, abscesses, tumors, cysts, and other problems; screen for the presence of oral cancer; verify the stability of any existing fillings or other restorations; inform you of all findings and make treatment recommendations.

Flu Shot

1pt



A flu vaccine is a preventive screening needed every season for two reasons. First, the body's immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with changing flu viruses. For the best protection, everyone 6 months and older should get vaccinated annually.



Health Coaching

up to **4pts**



Working with a health coach can help identify issues, beliefs, and concerns that may hinder lifestyle changes. This information, with the results from the PHA and HRA will form the foundation for prioritizing health concerns, setting healthy goals, and creating a plan to achieve your goals. Health coaching is successfully used to help with weight loss, smoking cessation, stress management, fitness programs, illnesses and conditions of a chronic nature, and other lifestyle related issues that may negatively impact your health. Points will be tracked for you through HealthPassport.

HealthPassport Fitness Tracker

up to **2pts**



Sync your fitness device or log workout minutes in HealthPassport during the course of the school year. Employees are eligible for a point once they've met the goal of 200,000 steps/month (10K/day 5 days a week). Your points will be tracked for you within HealthPassport for 1 point per month.

HRA (Health Risk Assessment)

1pt



Complete a series of questions designed around health and lifestyle behaviors on HealthPassport. Your points will be tracked for you.

Medication Education Session

1pt



Whatever your situation, taking your medicines properly is an important part of maintaining your overall health. Medication education sessions are available to ensure you fully understand your medicine and to identify and resolve any potential medication related problems. During the session, the pharmacist will review your medications for appropriateness, correct dosage, possible drug interactions, and cost effectiveness. This helps to optimize medication use, prevent adverse reactions, improve patient outcomes, and reduce cost.

Set up your personalized appointment with Kristin Jennings, PharmD, by calling our HCS Employee Pharmacy at (757) 224-9681. This point will be tracked for you through HealthPassport. 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 persons taking routine prescriptions which treat chronic or long-term conditions.

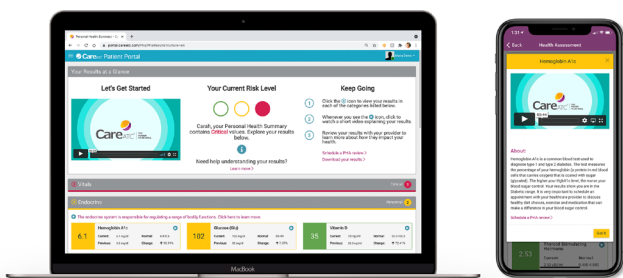
Onsite Meet & Greets or

Virtual Education Webinars

up to 2pts



Join your registered dietitian (RD) for a series of Meet & Greets and education sessions. Be on the lookout for other sessions announced throughout the school year. These sessions will be tracked for you upon completion in HealthPassport.



PHA Bonus Points

up to 5pts

You will receive a bonus point for each biometric value where your risk is within the outlined values. These points will automatically reflect on your HealthPassport display once your PHA has been processed. Bonus points will be awarded for meeting the following criteria.



triglycerides

< 200 mg/dl



BMI ≤ 29

OR

waist circumference

< 35 inches women

< 40 inches men



blood pressure

< 140/90



glucose

< 126 mg/dl



total cholesterol

< 240 mg/dl

Personal Health Assessment (PHA) Review

1pt

The PHA Review is available at the HCS Employee Health & Wellness Center. After you complete your PHA, schedule your PHA Review appointment with a wellness center provider. This point will be updated for you in HealthPassport.

▶ Be sure to view your personalized **PHA Results Videos** on the CareATC app or Patient Portal at www.careatc.com/patients before you meet with your provider.

Vision Exam

1pt



Per your vision benefit, a comprehensive adult eye and vision examination may include but not be limited to patient history, visual acuity, depth perception, color vision, eye muscle movements, peripheral vision, and how pupils respond to light and are an important part of preventive health care.

Wellness Challenges

up to 3pts



The HCS Employee Health & Wellness Center sponsors challenges over the course of each school year. The challenges can range from 1-12 weeks in duration. These provide employees with the means to overcome unhealthy habits and the assistance needed to develop and maintain a healthy lifestyle and/or better manage a chronic condition. Previous challenges have involved maintaining your weight around the holidays, setting weekly fitness goals, and losing weight. At least three challenges will be offered each school year. This point will be tracked for you through HealthPassport.



healthpassport™

HealthPassport is your dedicated wellness portal located within the CareATC website and mobile app where you can easily track your incentive status.

Sample Incentive Display

Your 2022-2023 Program Points	
Incentive Status: Not Earned	0
<input checked="" type="checkbox"/> Account Registration and Program Acknowledgment *Required - Complete	1
<input type="checkbox"/> PHA (Personal Health Assessment) *Required - Schedule	0
<input type="checkbox"/> Fitness Tracker - View	0
<input type="checkbox"/> Health Coaching - Schedule	0
<input type="checkbox"/> HRA (Health Risk Assessment) - Begin	0
<input type="checkbox"/> Onsite Meet & Greet or Virtual Education Webinars	0
<input type="checkbox"/> PHA Bonus Points	0
Blood Pressure < 140/90	0
BMI ≤ 29 OR Waist < 35 Female, < 40 Male	0
Glucose < 126 mg/dl	0
Total Cholesterol < 240 mg/dl	0
Triglycerides < 200	0
<input type="checkbox"/> PHA Review - Schedule	0
<input type="checkbox"/> Use the Activity Submission Form to earn credit for the below activities - Submit	0
Annual Physical	0
Cancer Screenings	0
Dental Exams	0
Flu Shot	0
Medication Education	0
Vision Exam	0
<input type="checkbox"/> Wellness Challenges - View	0
Total	0

Complete the online **Attestation** when logging in for the first time.

The **PHA** is required for program credit. Click the "Schedule" button to schedule your PHA appointment. After completing your PHA, your PHA Bonus Points will be added automatically in a few days!

Begin earning fitness points! To earn points, use the link in the incentive display or head to the Challenges page. From there, you can connect a device to sync steps or manually add steps and activities.

Schedule an appointment with your **health coach** to start earning points!

Complete an **HRA** for 1 point! Complete all required questions for your credit. A personalized report is available once complete.

Attend **Meet and Greet** and **Virtual Education Webinars** and your health coach will add credit for you!

Schedule an appointment with your CareATC provider to review your **PHA results**.

Earn credits for **annual physicals, cancer screenings, dental exams, flu shots, medication education, and vision exams**. Use the Submit button to complete the online form.

To earn points for challenges, head to the **Challenges** page. You can view ongoing challenges and learn the activity goal necessary to earn credit for completing the challenge.



All points will be tracked through the CareATC HealthPassport.

It is your responsibility to verify all program activities are met and reported by June 30, 2023. You can call the CareATC Patient Access Center at 800-993-8244 or contact wellness@careatc.com with any questions.



Show Me
The App!



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