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Dear Forsyth County Retiree:

It's that time again to enroll in the Forsyth County Wellness Program! Let us help you make positive changes this year, for your health. Due to unforeseen circumstances, **there will not be Biometric Screenings during the usual April-May timeframe.** To prevent participants from being penalized for these circumstances, we will be using your biometric screening results from 2019 and HRA from 2020 to assign your required number of coaching sessions. You and your spouse, if they are covered on our medical insurance, may join the Wellness Program by following the instructions below. Please read this letter in full for all information.

Steps for Wellness Program Registration for current participants:

- Visit the wellness website at www.FCGwellness.com where you can:
 - **Step 1:** Complete your Personal Health Survey (HRA) (must be completed online, failure to complete HRA survey will result in loss of premium discount)
 - **Step 2:** Once your results letter is received in the mail, schedule a health coaching appointment by logging onto FCGWellness.com OR calling 336-716-4715 and select Option 1 (if coaching is required).

* Please refer to the **2020 Wellness Program Detailed Registration Instructions** on the following pages for assistance with completing Steps 1-2

If you or your spouse feel you have made a significant change in your health, you may be re screened during your first coaching appointment or by scheduling an appointment with the onsite clinic for lab work by visiting FCGWellness.com.

You also have the option to submit lab results from your physician's office by using the Alternate Biometric form (attached) by May 11th. Your lab results must be within 6 months from May 11th to be accepted in place of your 2019 screening results.

There will be an opportunity for new participants to the program to start receiving their premium discount on their August retirement check. New participants will be screened during the quarterly screening scheduled for July 10, 2020. In order for new participants to receive their discount starting on the August retirement check please follow the steps below.

Steps for Wellness Program Registration for new participants:

- **Step 1:** Complete your Personal Health Survey (HRA) (must be completed online, failure to complete HRA survey will result in loss of premium discount)
- **Step 2:** Schedule a biometric screening appointment by June 1st for the scheduled quarterly screening on July 10, 2020

* Please refer to the **2020 Wellness Program Detailed Registration Instructions** on the following pages for assistance with completing Steps 1-2

If you are not able to attend the screening on July 10th, you may schedule an appointment with the onsite clinic to have your screening done OR you may submit an alternate biometric form from your physician's office by July 13th.

For ALL Healthkick Participants (Current OR New):

It is your responsibility to inform your spouse how to enroll in the Wellness Program. You and/or your spouse may complete your HRA until **Monday, May 11, 2020** to receive your premium discount on your June paycheck.

If you have a medical condition that would exempt you from health coaching this wellness year please reach out to Katie Ivers from Wake Forest Baptist Health at (336) 409-9056 or kivers@wakehealth.edu. **It is your responsibility to inform WFBH of any situations that may allow an exemption from coaching.**

Forsyth County will be providing the Wellness Program in partnership with Wake Forest Baptist Health, which uses an evidence-based Health Risk Assessment (HRA) and biometric screening platform called Applied Health Analytics. Following the completion of your HRA and screening, you will receive a full report of your results and risk assessment in the mail, and you will also be able to download your report from the online Personal Health Portal. This report will help you to understand your results and to focus on behavior changes that can minimize your risks for developing chronic conditions.

If you have a medical condition for which meeting the incentive would be medically inappropriate for you, please contact Katie Ivers from Wake Forest Baptist Health at (336) 409-9056 or kivers@wakehealth.edu for an alternative method to qualify.

Additional Information:

If you and/or your spouse choose not to enroll in the Wellness Program, please complete and return the attached declination form via interoffice mail, email hr@forsyth.cc or fax to (336) 727-2193.

If you have a change of address that has not already been reported to County HR, please email the attached *Change of Address* form to hr@forsyth.cc to ensure you receive correspondence from Wake Forest Baptist Health and Applied Health Analytics.

If you have any questions or need assistance, please call Human Resources at (336) 703-2400 or email hr@forsyth.cc.

To Your Health,

The Forsyth County Human Resources Team

Attachments:

Alternate Biometric Form

2020 Wellness Program Detailed Instructions

Change of Address Form

Declination Form

Notice for Healthkick Program

Fasting Chart