

WELLNESS CREDIT & FREE ANNUAL HEALTH ASSESSMENT FAQ

What is an Annual Health Assessment (AHA), and why do I need one?

The Annual Health Assessment (AHA), provides a comprehensive picture of your overall health. This powerful tool helps to identify areas where you can work to improve including: high cholesterol, high blood pressure, diabetes, nutritional concerns and many more.

Completing your AHA with CareHere is an important first step on your path of wellness and preventive healthcare. The AHA will give your healthcare team opportunity to discuss a plan of action and give you all the tools you'll need. CareHere Certified Health Coaches are with you all the way, available to work with you personally and confidentially. The AHA is FREE to employees & spouses enrolled in the Scioto Health Plan medical plan.

What will happen during my AHA?

The team will take your blood pressure, height, weight, waist circumference, along with a blood draw which looks at a variety of values including high cholesterol, triglycerides, iron levels, glucose levels, A1C if glucose is higher than 100, TSH for women over 50, kidney and liver functioning and more.

When do I have to get my AHA?

- **January 1, 2021 - September 30, 2021** to be eligible for the wellness credit.

Who is eligible for the Wellness Credit? When will I receive my Wellness Credit?

- Employee and/or spouse in the medical plan who complete BOTH the AHA appointment and AHA follow-up by 9/30/21 will earn a \$150 credit towards your 2022 medical plan deductible.
- Complete both requirements by 9/30/21 at one of the Scioto Advantage Health Centers to earn the credit. The credit will be applied to your deductible beginning January 1, 2022.

If you choose to follow-up with your outside provider, you must do so by 9/15/21 to earn a \$100 credit towards your 2022 medical plan deductible. You must complete and return the Outside Provider Form by 9/15/21 to the Scioto Advantage Health Center by fax to 740.354.0293 to be eligible.

Where can I get my FREE AHA?

- At one of the Scioto Advantage Health & Wellness Centers located at 3879 Rhodes Ave, New Boston, Ohio 45662 or 7454 US Rt 50, Bainbridge, OH 45612.

Where can I get my FREE AHA follow-up?

- At one of the Scioto Advantage Health & Wellness Centers located at 3879 Rhodes Ave, New Boston, Ohio 45662 or 7454 US Rt 50, Bainbridge, OH 45612.
- With your outside provider and returning the required documents.
- Download the Outside Provider form off CareHere.com (post login).
 - Your PCP must complete the form and fax it to the Scioto Advantage Health & Wellness Center 740.354.0293 by 9/15/21.
 - There may be a cost from your PCP associated with this option.

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How do I schedule my AHA appointment?

- You can schedule appointments 24/7 at CareHere.com, on the CareHere App or by calling our Patient Support Center at 877.423.1330
- How to schedule:
 - Log in at **CareHere.com** or the **mobile app** & click **Make Appointment**.
 - Select **Appointment Type**: AHA Screening and Blood Draw (**Nurse & Labs**); AHA Follow-up (**Medical**).
Note: Follow-up can be a TeleVisit appointment.
 - Filter **Options** & Select **Time & Where**.
 - Enter: **Reason for Appointment**: AHA Biometric Screening or AHA Follow-up (whichever applies)
Reminder Preferences
Confirm Appointment

What else...

Can I eat or drink anything before having my AHA?

- DRINK PLENTY OF WATER.
- FAST (no food or other drinks) for at least 10 hours prior to the AHA blood draw.
 - **BLACK** coffee can be consumed.

When can I expect my AHA results?

- The lab results can be found online at CareHere.com or on the CareHere App within 48-72 business hours.

How do I share my AHA results with my Primary Care Provider (PCP)?

- Go to CareHere.com and print your results and share directly with your PCP.
- At check-in at the Scioto Advantage Health & Wellness Center, ask to have your results sent to your PCP (make sure you have your PCP's phone number or fax number).
- Contact CareHere directly at 877.423.1330 for assistance.

What is the phone number to call for any questions related to the AHA?

- Call 877.423.1330

What if I have a medical condition that prohibits me from participating in the AHA?

- Employees unable to participate due to medical reasons should contact the Scioto Advantage Health & Wellness Center at 877.423.1330.
- The Scioto Advantage Health & Wellness Center providers will work with employees on a case-by-case basis.

Should you encounter any concerns from your employees about the privacy of their health information, please inform them that no personal identifying health information is ever made available to anyone in our company. Private health information is collected and securely stored by CareHere and will only be made available to our organization in aggregate format to identify trends and guide our wellness offerings and reward incentive for participation.