

Your AHA moment

It's not too late to complete your AHA & follow-up! Deadline extended to 10.31.2020.

What is an Annual Health Assessment and Follow-up Appointment?

AHA stands for **Annual Health Assessment** and 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.

The AHA is FREE to employees & spouses enrolled in the Scioto Health Plan.

An AHA appointment MUST be completed at the Scioto Advantage Health Center and includes 2 things:



Biometric Screening

Measure height, weight, waist circumference and blood pressure.

&



Blood Draw

Complete a fasting lab draw with 28 markers of health such as cholesterol & blood sugar.

An AHA Follow-up includes:



Provider Appointment

Review results with a Scioto Advantage Health Center Provider or your outside provider* and discuss next steps.

EARN A WELLNESS CREDIT TOWARDS YOUR 2021 MEDICAL PLAN DEDUCTIBLE

You have the opportunity to participate in the Scioto Advantage Wellness Program in 2020. If you complete BOTH the AHA appointment and AHA follow-up by **10.31.20** you will earn a credit towards your 2021 medical plan deductible.

Complete both requirements **by 10.31.20** at the Scioto Advantage Health Center to earn a **\$150** credit.

*If you choose to follow-up with your outside provider, you must do so **by 10.17.20** to earn a \$100 credit towards your 2021 medical plan deductible.

*You must complete and return the Outside Provider Form **by 10.17.20** to the Scioto Advantage Health Center by fax to 740.354.0293 to be eligible.

Schedule your Annual Health Assessment today.

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