



Tazewell County Board of Supervisors Voluntary Annual Physical Preventive Exam **2022 WELLNESS**

PROGRAM GOAL

The Tazewell County Board of Supervisors Voluntary Wellness Program is designed to encourage members to create and maintain a relationship with their primary care physician. In doing this, Tazewell County Board of Supervisors hopes that members will be better able to manage their health and be rewarded for doing so. The employee on the group medical plan is the only member that needs to have the Voluntary Annual Physical Preventive Exam to receive the incentive award.

Earn 1 PTO Day off!

Steps for Participation:

1. FIND A PROVIDER

If you do not have a primary care provider (PCP), you can log onto www.anthem.com for help locating a quality physician.

2. SCHEDULE A PHYSICAL

- Schedule an appointment for an annual physical with your PCP between **April 1, 2022 and March 31, 2023.**
- Bring this Provider Form with you to your appointment.
- Your doctor will need to sign the form to confirm that you have completed your annual physical.
- If you already had an annual physical that was on or after **4/1/2022**, you meet the program requirement. Contact your Physician to have them complete and sign the form for that visit.

3. GET REWARDED

- Return the Provider Form to your supervisor and then they need to return it to **Brittany Gillespie by March 31, 2023.**
- Employees should claim SICK LEAVE when they go for the physical and have the attached confirmation form signed by the physician. Forms must be returned to Brittany Gillespie by March 31, 2023.

The incentive achieved will be 1 paid PTO Day Off. The PTO day must be taken off between April 1, 2023 - June 30, 2023. The day will not carry over if not taken.

Questions

Who can participate?

Employees enrolled in the group medical plan are eligible to participate in the wellness program.

Is the program mandatory?

No. We hope you participate willingly to improve your health and well-being, but participation in the wellness program is completely voluntary.

For more assistance, please contact Brittany Gillespie at Tazewell County Board of Supervisors office. 276-385-1207



Tazewell County Board of Supervisors
2022 Voluntary Annual Physical
Preventive Exam
CONFIRMATION FORM

Take this form with you to your scheduled annual physical to be completed and signed by your primary care physician. **It is the participant's responsibility to submit the Confirmation Form to their supervisor to have it then submitted to Brittany Gillespie by March 31, 2023.** Please retain a copy for your records.

Patient Contact Information

Company Name: Tazewell County Board of Supervisors

First Name: _____ Last Name: _____

Date of Birth: _____ Male: _____ Female: _____

Contact Phone Number: _____ Email: _____

Physician Information

Physician Office/Name: _____

Physician Signature: _____ Date Signed: _____

Submit your completed form by March 31, 2023 to your supervisor for submission to Brittany Gillespie, @ Human Resources



Important Note About Preventive Visits

How to Ensure that your Annual Preventive Physical is 100% Covered with No Out-of-Pocket Expense to You:

When making your appointment-

1. Be sure to clarify that you are scheduling your free annual preventive physical.
2. Mention that you will be bringing a form from your employer as part of your Employee Wellness Program requirements.

At your appointment-

1. When asked for the reason for your visit, explain that you would like a routine annual preventive physical.
2. Give the wellness form you received from your employer to your doctor so he/she can sign and date it.
3. Before you leave, verify with the office staff that your visit is being coded as "preventive".

Please note that any additional tests done during your visit may be subject to additional charges if they are not considered preventive. Talk to your doctor if you have any questions or concerns about additional testing.

More Information

For more information on preventive care, visit www.anthem.com

NOTICE REGARDING WELLNESS PROGRAM

Tazewell County Board of Supervisors Employee Wellness Program is a voluntary wellness program available to all employees that are enrolled in the Anthem group medical plan. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program you will be asked to complete a voluntary annual preventive screening at your primary care provider of choice. You are not required to complete this physical or other medical examinations.

However, employees who choose to participate in the wellness program will receive an incentive of 1 PTO paid day off between April 1, 2023-June 30-2023.

If you are unable to participate in the annual wellness preventive exam required to earn an incentive, you may be entitled to a reasonable accommodation. You may request a reasonable accommodation by contacting Brittany Gillespie.

No health information is being collected by your employer. **Please do not provide the results of any screenings to your employer.** You are encouraged to discuss your results or concerns with your own doctor.

Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program is not expressly collecting personal health information, in the event that personal health information is shared, 1st will never disclose any of your personal information publicly except as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment. Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact Brittany Gillespie.