

# Ozaukee County Health and Wellness Program

2016

<Patient Full Name>

<Patient Address 1> <Patient Address 2>

<Patient City>, <Patient State> <Patient Zip>



Dear <Patient First Name>,

PopSpring Wellness is pleased to continue their partnership with Ozaukee County, your employer and health benefits provider to offer world-class and confidential wellness services at no cost to you. Throughout the year you will be eligible to participate in the programs outlined below to promote healthy living. We encourage you to take part in these great opportunities! **Please note:** Retirees and their spouses of the county are invited to participate in the Wellness Program and will have access to the wellness portal in addition to the biometric testing and HRA.

**Onsite Biometric Screenings** - These simple screenings will be provided free of charge for all employees and spouses on the health plan. Screenings are offered onsite at the Oz Health Employee Health and Wellness Clinic by appointment only. Please refer to the enclosed biometric testing letter for more information. **The deadline to complete biometrics is March 31, 2016.**

**Health Risk Assessment (HRA)** - The HRA is an online Health Risk Assessment of your health, lifestyle and status of your preventive medical care. **See the enclosed Quick Start Guide for instructions on how to log on and take your HRA.** You will need to complete your HRA by **March 31, 2016.** **If you are unable to complete the HRA online, please contact HR to make arrangements to receive online access.**

**Tobacco Affidavit** - In addition to completing the HRA and biometric screening, you will also have to sign a Tobacco Affidavit that can be accessed through your member portal on your message wall. **The deadline to complete your affidavit is March 31, 2016.**

**Health Coaching** - One on one health coaching is available to you at the Oz Health Employee Health and Wellness Clinic. To schedule a health coaching session, please call the clinic during their standard business hours. Please note: Although health coaching is offered to you throughout the year, **there is no requirement to complete this aspect of the program.**

**Quarterly Program Requirements** - Ongoing program involvement is required to maintain your insurance incentive. **The Wellness Program has now transitioned to the Incentive Points Program. There will be onsite training dates for the Incentive Points Program in December and January to help you gain better understanding of the 2016 Wellness Program requirements.**

**Online / Mobile Health Management Portal** - All of your health and wellness information is available in one secure location. Complete your HRA, review your Lab Results, complete Digital Coaching modules, speak with a RN Health Coach, and more!

We encourage you to take advantage of the free, comprehensive resources Ozaukee County has made available to you!

Sincerely,

The PopSpring Wellness Team

## Register Today in 3 Easy Steps!

Go to <https://popspring.p2phc.com/login> and click "First Time User?"

Enter your Registration ID#: <Registration ID>

Enter your email as a username and create a password

Refer to the enclosed Quick Start Guide for more information

## Connect with Us!

**Phone:** Navigators are available to assist with questions M-F 7:00am-1:00am & Sat 8:00am-5:00pm by calling **855-699-4445.**

**Socially:** Access health information, healthy living tips and recipes [www.facebook.com/popspringwell](http://www.facebook.com/popspringwell).

**P2Pgo App:** Access your member health portal right from your Smartphone. App is available for iOS and Android.