

# Employee Wellness Program

*Designed with YOU and FAMILY in mind*



TIFTON WELLNESS COMMITTEE

The City of Tifton has collaborated with Quick Care, LLC. and Anthem to enhance the health of City employees through an established Wellness Program. The City is delighted to offer different avenues and care plans to employees for a healthier workforce. Shown through statistics, a healthier workforce improves job satisfaction, job performance, minimizes job injuries, and decreases medical expenses for annual health insurance premiums.

**Biometric Blood Draws** Blood draws consist of a full wellness panel and basic vitals to review overall internal health (blood count, glucose, liver profile, thyroid, testosterone, etc). This a yearly physical that will be an entrance point to the Wellness Program and free to employees who meet the qualifications. All employees under the City's health insurance is encouraged to participate so they can enjoy the benefits of the Wellness Program.

**Test Results** Employees will have the option to meet with a provider to review the results from the biometric blood draws to help guide them through any healthcare steps needed. This is free and beneficial in finding common, underlying health issues that can be controlled through daily maintenance medication.

**Supplement Pharmacy Reimbursement Program** The City will provide its health plan participants with a supplemental pharmacy benefit for hypertensive (high blood pressure) medications, diabetic medications and supplies, and cholesterol medications. This benefit takes the form of a reimbursement program. When an employee pays a co-pay for qualifying medications the receipt can be sent to Human Resources for reimbursement processing.

**Flu Shot Clinic** During the beginning of Flu season, employees enrolled in medical insurance, are able to receive a flu shot free of charge. The Wellness Committee provides a convenient, quick drop-by service for employees who wish to receive the flu shot. The clinic is established to make it easier for employees to get vaccinated and stay healthy during flu season.

**Health Risk Assessment (HRA)** Health Risk Assessments are offered on a yearly basis to all City employees. This is an instrument used to collect health information to assess an individual's health status, risks, and habits. HRA are a proven tool to improve health and lower the cost of medical insurance premiums. As a part of the broader side of the program, this tool is used to engage employees in their health, shape lifestyle choices, and promote prevention.

**Sick Visit Program** City employees who complete the annual biometric screening assessment and are currently enrolled in the City's health insurance are eligible to participate. This service

is free to employees, the co-pay will be paid by the City of Tifton on the employee's behalf. Any diagnostics testing or further screening will be the responsibility of the employee. Quick Care offers convenient walk-in services, no appointment needed. Sick visits are for sore throat, stuffy nose, bad cough, sinus infection, flu, strep throat, and minor strains or sprains.

*\*This service cannot be utilized as an established Primary Care Provider.*

**LiveHealth Online** Using LiveHealth Online, you can have a private and secure video visit with a board-certified doctor or licensed therapist on your smartphone, tablet or computer with a webcam. If you have pinkeye, a cold, the flu, fever, sinus infection, coping on your own or anxiety, LiveHealth Online is right for you! It is an easy way to get the care you need at home or on the go. This service is an easy, 24/7 access when your doctor is unavailable or simply for convenience. The City of Tifton will pay the co-pay for the first 12 visits each year for employees and dependents covered under the City's medical insurance. The employee is only responsible for purchasing any medications prescribed.

**Workplace Wellness** The City of Tifton and Wellness Committee is dedicated to helping our employees reach optimal health and improve their quality of life. The goal is to encourage personal health through lifestyle management, mental health, physical activity, nutrition, and disease management/prevention. Workplace Wellness is committed to employee's health and wellness by an established committee and a Health Promotion Leader that will support and carry forward the committee goal. This program offers literature in health maintenance, competitions to improve overall employee health, lunch and learns with knowledgeable speakers, and support for employees wanting to improve their overall health. The City has been fortunate to receive a \$5,000 grant from LGRMS (Local Government Risk Management Service) and GMA (Georgia Municipal Association) for past three (3) years. These funds are a key factor to the success of the City's Workplace Wellness Program.