

Washington County Physical Wellness Initiative

What is required?

- Wellness physical
- Fasting blood draw
- If spouse is included on your health plan, he/she must also complete both components as well.
- This will be completed with your regular physician or the provider of your choice.

How will this benefit me?

- Good health benefits everyone. It benefits the employee, the county, and the group plan.
- Participants will receive a “preferred” health insurance discount on premiums. This amounts to \$50/month reduction in health insurance premiums for a family plan, or \$25/month for a single plan.

Do I have to participate?

- No. Participation is strictly voluntary, but only employees who take part receive health insurance premium discounts.

How often do I have to do this?

- Once each calendar year by September 30th. Wellness initiatives are presented to employees on a year-by-year basis. Be sure to plan these preventive services so that you (and your spouse, if covered on your plan) will have these completed within the requested time frame. You will receive a reminder as the annual deadline approaches if we have not yet received your information.

Is there a form that I need to fill out for the physical?

- Yes. You will need to take the “Acumen Wellness Physical Form” with you to the appointment so the doctor can fill it out. It will then be sent to acumen Advisors, Attention: Brian Doyle. The most up-to-date physical form can be located on the Washington County website (Home > Government > Departments > Auditor > Human Resources).

Who is acumen Advisors?

- acumen Advisors is the County's third party administrator for benefits. They will collect our data and provide us with an annual summary of our participants' combined group data.

ALL PERSONAL INFORMATION PROVIDED TO ACUMEN IS HELD IN STRICT CONFIDENCE AND IS NOT SHARED WITH ANYONE, NOT EVEN WASHINGTON COUNTY! ONLY AGGREGATED DATA IS SHARED WITH WASHINGTON COUNTY.

Contact Information:

acumen Advisors

319-731-0503

www.acumenadvisors.com

The medical facility of your choice should send completed wellness physical forms to:

acumen Advisors

Scan and Email: bdoyle@acumenadvisors.com

-OR-

Fax: 319-366-3636 (Attn: Brian Doyle)