

Columbus Consolidated Government Wellness Program

THE POWER TO BE WELL



Health and Wellness Center

Who is eligible to utilize the HWC?

Employees

Dependents

- Employees enrolled in the health plan
- Dependents include spouses and children (ages 2+) covered on the CCG medical Plan



Full Service Primary Care

- ✓ Chronic and Acute Primary Care
- ✓ Disease Management
- ✓ On-site Lab Testing
- ✓ Free On-site Generic Prescriptions
- ✓ All 100% Confidential and HIPAA Compliant
- ✓ No Co-pay



Health Coaching

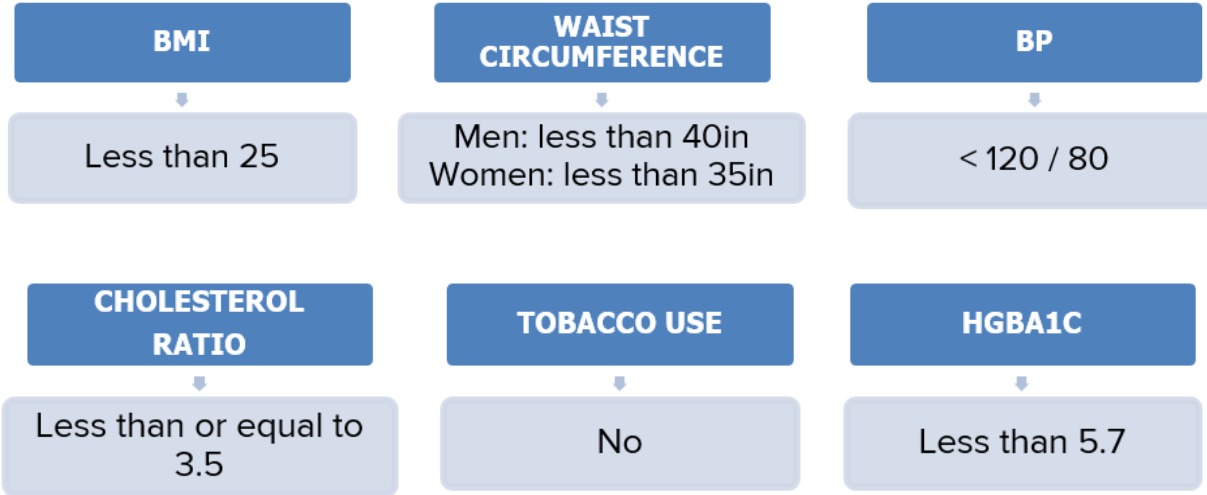
Meet your Health Coach

Sabina Shah MS, RN

- sabinashah@careatc.com
- 706.434.8263
- **Hours:**
 - Mon: 08:30 am - 5:30 pm
 - Tue: 07:30 am - 1:30 pm
 - Wed: 08:30 am - 5:30 pm
 - Thu: 08:30 am - 5:30 pm



Who is Eligible for Health Coaching?



PHA values with risk indicators greater than the above criteria can be indicative of employee being deemed as coaching eligible.

If you are unable to participate in any health related activities to earn an incentive, you may be entitled to a Reasonable Alternative and Incentive Waiver. To request a Reasonable Alternative and Incentive Waiver form, please contact Sabina Shah for more information.

Lifestyle Coaching Components



Individual Health Coaching



Group Education

Individual Health Coaching



- One-to-One
- Occurs in-person, but televideo is available for those offsite
- The frequency is determined based upon goal progression and need
- Conducted by certified health coach
- Targeted and focused on sustainable lifestyle change
- Driven by disease specific care plans
- **Participation open to employees that are at risk based on PHA results**

Monthly Group Education Series



- All employees are eligible to attend
- Session topics and location are sent out via email from your employer
- Recent topics include: Food and Mood, Healthy Substitutes, Nutrition Myths and Facts, Smart Snacking, Additives in Food
- Focus on awareness, knowledge, call-to action

Personal Health Assessment

Visit: careatc.com/patients to complete your questionnaire and schedule your PHA within your department/location.

Flu shots will also be available at each PHA draw location.



For employees
preferring to utilize an
outside provider, visit:
careatc.com/patients
to complete your
questionnaire and
download the Physician
Attestation form.

*Completed form
must be submitted
by Dec. 1, 2018*

Personal Health Assessments

- ✓ Provides a Snapshot of Your Health
- ✓ Health Risk Assessment
- ✓ Personalized Results
- ✓ Personal Call for High-Risk Results



Detailed Lab Results

CareATC
PERSONAL HEALTH SUMMARY

DRAW DATE: _____

John N. Doe
 1234 S Elm St
 Tulsa, OK 74134

IMPORTANT

HOW TO ACTIVATE PATIENT PORTAL

1. Visit patients.careatc.com
2. Click "Use Account"
3. Enter your account information
4. Follow the instructions

RESULTS AT A GLANCE

CURRENT RISK LEVEL

● Normal Results that fall within the normal range are displayed in green.
 ● Abnormal Results that fall within the abnormal range are displayed in yellow. The term "abnormal" indicates the values lay outside of normal ranges and should be monitored and discussed with your doctor.
 ● Critical Results that fall within the critical range are displayed in red. Lab values within the critical range should be addressed by your doctor immediately.

NOTICE
 These results are not a diagnosis. We encourage you to review results with your healthcare provider by scheduling a PHA follow up.

HOW TO READ YOUR RESULTS

VITALS

Test Name	Result	Risk	Previous	% Change	Normal
Height	66.75	●	66.75	0	0-99
Weight	164	●	162	-1%	0-99
Body Mass Index (BMI)	25.9	●	25.2	10%	18.5-24.9
Waist Measurement	33	●	32	3%	0-44
Systolic Pressure	102	●	118	10%	0-140
Diastolic Pressure	66	●	71	8%	65-79
Tobacco Use	Y15	●	Y15	N/A	N/A

HEART

Test Name	Result	Risk	Previous	% Change	Normal
Total Cholesterol	66.75	●	66.75	0	0-99
LDL Cholesterol	164	●	162	-1%	0-99
HDL Cholesterol	25.9	●	25.2	10%	18.5-24.9
Ratio of Cholesterol=HDL	33	●	32	3%	0-44
Triglycerides	102	●	118	10%	0-140

MORE INFO

KIDNEYS

Test Name	Result	Risk	Previous	% Change	Normal
Sodium (Na)	66.75	●	66.75	0	0-99
Potassium (K)	164	●	162	-1%	0-99
Chloride (Cl)	25.9	●	25.2	10%	18.5-24.9
Carbon Dioxide (CO2)	33	●	32	3%	0-44
Blood Urea Nitrogen (BUN)	102	●	118	10%	0-140
Creatinine Serum	0.84	●	0.87	-1%	0.57-1.00
BUN/Creat Ratio	14	●	16	-1%	9-23
Creatinine (Cr)	5.5	●	5.4	-1%	0.7-6.2

ENDOCRINE

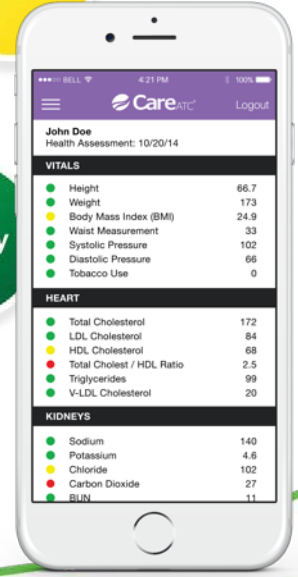
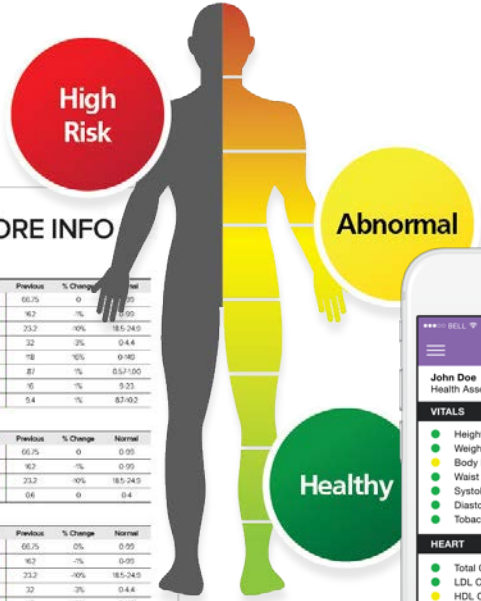
Test Name	Result	Risk	Previous	% Change	Normal
Glucose (Glu)	66.75	●	66.75	0	0-99
Hemoglobin A1c (HbA1c)	164	●	162	-1%	0-99
Thyroid Stimulating Hormone (TSH)	25.9	●	25.2	10%	18.5-24.9
TSH	0.8	●	0.6	0	0-4

LIVER

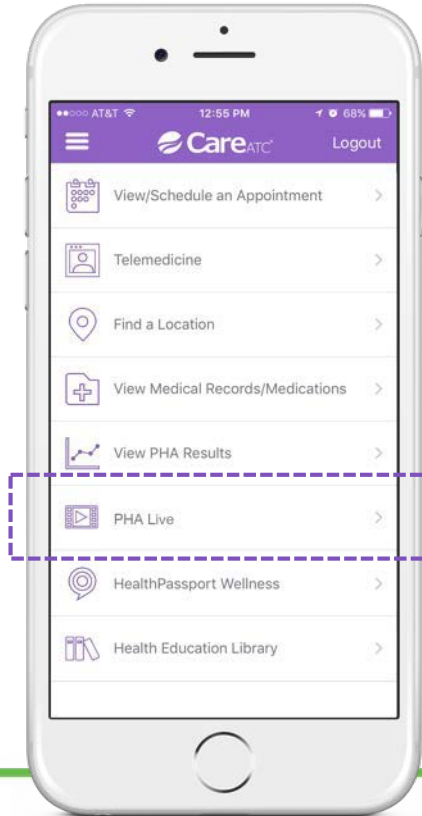
Test Name	Result	Risk	Previous	% Change	Normal
Albumin	66.75	●	66.75	0%	0-99
Total Protein	164	●	162	-1%	0-99
Albumin	25.9	●	25.2	10%	18.5-24.9
Aspartate Aminotransferase (AST)	33	●	32	3%	0-44
ALT (SGPT)	102	●	118	10%	0-140
AST (SGOT)	0.84	●	0.87	-1%	0.57-1.00
Gamma-GT (GGT)	14	●	16	-1%	9-23
ALT Ratio	9.9	●	9.4	-1%	0.7-6.2

COMPLETE BLOOD COUNT

Test Name	Result	Risk	Previous	% Change	Normal
White Blood Cells (WBC)	66.75	●	66.75	0%	0-99
Red Blood Count (RBC)	164	●	162	-1%	0-99
Hemoglobin (Hgb)	25.9	●	25.2	10%	18.5-24.9
Hemoglobin (Hct) (Female)	33	●	32	3%	0-44
Platelets (PLT)	102	●	118	10%	0-140



Digital Results and Education – PHA Live



Will my health information or test results
be shared with my employer?

No!

CareATC takes all Personal Health Information
seriously and is 100% HIPAA compliant



- **Have questions about the CCG Health and Wellness Center?**

Call 800.993.8244 or Go Online at careatc.com to log in to your account, schedule an appointment, and view your medical records. Or use the CareATC mobile app. Search 'CareATC' in your Android or Apple app store.

- **Have questions about Health Coaching?**

Call Sabina Shah, MS, RN, Health Coach, CareATC, Inc. at 706.434.8263. Her office is located at 2000 10th Ave. Ste 410, Columbus, GA 31901.

**Columbus Consolidated
Government
Health and Wellness Center**

Thank you!

*We look forward to partnering with you in
improving your health and your power to be well.*

