

# WELLNESS CREDIT & FREE ANNUAL HEALTH ASSESSMENT FAQ

## What is an Annual Health Assessment (AHA), and why do I need one?

The Annual Health Assessment (AHA), provides a comprehensive picture of your overall health. This powerful tool helps to identify areas where you can work to improve including: high cholesterol, high blood pressure, diabetes, nutritional concerns and many more.

Completing your AHA with CareHere is an important first step on your path of wellness and preventive healthcare. The AHA will give your healthcare team opportunity to discuss a plan of action and give you all the tools you'll need. CareHere Certified Health Coaches are with you all the way, available to work with you personally and confidentially. The AHA is FREE to employees & spouses enrolled in the Butler Health Plan.

## What will happen during my AHA?

The team will take your blood pressure, height, weight, waist circumference, along with a blood draw which looks at a variety of values including high cholesterol, triglycerides, iron levels, glucose levels, A1C if glucose is higher than 100, TSH for women over 50, kidney and liver functioning and more.

## When do I have to get my AHA?

- **January 1, 2020 - October 31, 2020** to be eligible for the wellness credit

## Who is eligible for the \$150 Wellness Credit? When will I receive my \$150 Wellness Credit?

- Employee and/or spouse in the medical plan who participate in the AHA will each receive a \$150 Wellness Credit toward their medical plan deductible
- The \$150 credit will be applied to your deductible beginning **January 1, 2021**

## How do I schedule and where can I get my FREE AHA?

- You can schedule your appointment online at CareHere.com, by using the CareHere App or by calling the Butler Advantage Health & Wellness Center.
- Locations of the Butler Advantage Health & Wellness Centers:
  - Beavercreek** (937.458.2588): 3040 Kemp Road | Suite 100 | Beavercreek, Ohio 45431
  - Hamilton** (513.896.2398): 400 N Erie Blvd | Suite 100 | Hamilton, Ohio 45011
  - Sharonville** (513.896.2398): 301 Scarlet Oaks Drive | Sharonville, Ohio 45241

## How do I schedule my AHA appointment?

- You can schedule your appointment online at CareHere.com or by calling the Butler Advantage Health & Wellness Center at or by using the CareHere App

## What if I cannot get my AHA at one of the Butler Advantage Health & Wellness Centers?

- Utilize a local LabCorp facility with special lab requisition (FREE) obtained by contacting the Butler Advantage Health & Wellness Center at 513.896.2398 by **October 1st**

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## Can I go to my own Primary Care Provider (PCP) to get my AHA?

- Download the Outside Provider form off CareHere.com (post login)
- Your PCP must complete the form and fax it to the Butler Advantage Health & Wellness Center at 513.896.2399 by **10/15/2020**
- There may be a cost from your PCP associated with this option

## What else...

### Can I eat or drink anything before having my AHA?

- DRINK PLENTY OF WATER
- FAST (no food or other drinks) for at least 10 hours prior to the AHA
  - **BLACK** coffee can be consumed

### When can I expect my AHA results?

- The lab results can be found online at CareHere.com within 48-72 business hours
- Personal AHA follow-up appointments to review your results can be scheduled one of the Butler Advantage Health & Wellness Centers:

**Beavercreek** (937.458.2588): 3040 Kemp Road | Suite 100 | Beavercreek, Ohio 45431

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### How do I share my AHA results with my Primary Care Provider (PCP)?

- When you check in at the Butler Advantage Health & Wellness Center and ask to have your results sent to your PCP
- Make sure you have your PCP's phone number or fax number
- Contact CareHere directly at 513.896.2398 for assistance

### What if I have a medical condition that prohibits me from participating in the AHA?

- Employees unable to participate due to medical reasons should contact the Butler Advantage Health & Wellness Center at 513.896.2398
- The Butler Advantage Health & Wellness Center providers will work with employees on a case-by-case basis

### What is the phone number to call for any questions related to the AHA?

- Call 513.896.2398

*Should you encounter any concerns from your employees about the privacy of their health information, please inform them that no personal identifying health information is ever made available to anyone in our company. Private health information is collected and securely stored by CareHere and will only be made available to our organization in aggregate format to identify trends and guide our wellness offerings and reward incentive for participation.*