



2016 Compass Health Wellness and Prevention Program



Wellness Program Overview

*Compass Health Wellness and Prevention and our Compass facilities have teamed up to provide you with your 2016 Wellness Program, specifically information for the January 1 to June 30, 2016 timeframe! You will have opportunities to earn monthly credits through participation in **Preventative Care, Wellness Challenges, and More!***

YEARLY REQUIREMENTS

There are two requirements that must be met once a year in order to be eligible. You can complete these at any time during the year at your convenience with your provider of choice. You must complete the following programs during the year in order to be eligible:

- ✓ **Preventative Physical (20 pts)**
- ✓ **Preventative Blood Screening (20 pts)**

CHAMPION

Accumulate a minimum of **75 points** in a 6 month period to receive a **\$20/month insurance premium discount for the following 6 month period!**

MEDALIST

Accumulate a minimum of **125 points** in a 6 month period to receive a **\$50/month insurance premium discount for the following 6 month period!**

By completing different programs and events (listed on page 3), you will earn points toward each 6-month goal. By completing the yearly requirements above, you automatically earn 40 points during the 6-month period in which they are completed. Just collect 35 additional points to earn the minimal program credit for that 6-month period!

SUBMITTING PROOF OF COMPLETION

At the end of each 6-month period, all documentation for completed Wellness Steps should be submitted in one packet. The required Compass Wellness Program forms indicated on page 3 will be available on the Compass Health, Inc. website, **compass-health.com/wellness**. The documentation for the Wellness Steps can be submitted via fax, email, or mail/delivery to the below contact information:

Compass Health Wellness and Prevention
200 S. 13th Street, Suite 203
Grover Beach, California 93433
(805) 474-7013 (fax)
chiwellness@compass-health.com

Documentation for the January 1-June 30 period should be received by June 30, 2016 to receive your premium discount for the July 1st through December 31st period. Documentation for the July 1-December 31 period should be received by December 31, 2016 to receive your premium discount for the January 1st through December 31st period in 2017.

POINTS REQUIRED EVERY 6 MONTHS
CHAMPION: 75 POINTS MEDALIST: 125 POINTS



WELLNESS STEP	POINTS	DOCUMENTATION
<u>Provider Assessments</u>		
Annual check-up through PCP	20	CWP Form
Annual preventative blood screening through PCP	20	CWP Form
Other preventative screen (e.g. mammogram, PAP, colonoscopy)	20	CWP Form
Wellness coaching (e.g. personal trainer, counselor)	25	CWP Form
<u>Personal Assessments</u>		
Health Risk assessment	10	CWP Form
Work/Life Balance Assessment	10	CWP Form
Endurance/Strength assessment (beg & end)	15	CWP Form
Wellness Check-ins	20	CWP Form
<u>Group Programs</u>		
Facility – Biggest Loser/Maintain Don't Gain	40	Facility Verification
Weight Management Program	25	Enrollment Form
Tobacco Cessation Program	30	CWP Form
<u>Be Active</u>		
Hike/Walk (outside of CWP event)	15	Attestation/Picture
Race/5k Participation	30	Enrollment Form/Picture
Physical Exercise at athletic facility or in home (70 visits in a 6-month period)	50	CWP log
Wellness Event (e.g. yoga, kayak, hike/walk)	25	Facility Verification
<u>Other</u>		
Remain Smoke Free	30	Attestation
Massage Therapy (x3)	20	CWP Form
Receive Produce Box (x3 weeks)	20	Receipts
Volunteer	15	CWP Form
Donate (e.g. CEF, cash, items, blood bank)	15	Receipt/CWP Form