



IMPORTANT NOTE: IN THE SPIRIT OF COST SAVINGS, ALL FUTURE COMMUNICATION WILL BE VIA E-MAIL OR EMPLOYEE CONNECTIONS.

We are pleased to invite you to the “Take Care” screenings! The “Take Care” wellness screenings are a new approach to wellness and our health care plan. In shifting our health care plan strategy from managing illness to strongly encouraging and supporting good health, we believe we can control the rising costs of our plan by driving healthier outcomes.

The “Take Care” screenings provide 2 important benefits to you — for free!

1. After answering the health questionnaire, you receive a comprehensive evaluation of your overall health. This information helps you identify opportunities for improvement.
2. The biometric screening provides valuable information that you and your physician should review to discuss opportunities for healthier outcomes.

The “Take Care” wellness screenings will be offered this year to all MJE Health Care Plan participants and their spouses who are covered on the Plan. The screenings will be held on the MJE campus from mid September to early October 2016. Employees and their spouses who are participants in the Plan will have the opportunity to participate free of charge.

The MJE Lab will be processing the blood samples and providing all participants with the results of the Total Health Panel. Only the biometric screens on page 2 will be reported for the “Take Care” screening.

By participating in the 2016 “Take Care” screening and meeting the incentive requirements, MJE Health Care Plan participants and their spouses have the opportunity to save \$250—\$350 off the regular premium schedule for the Plan during 2017.

Incentive Program for 2016 Screening

If you complete the wellness screenings ...	And the Health Risk Assessment Questionnaire (HRA) is completed by October 7, 2016	You will receive the Incentive*
YES	YES	Employees \$ 250
		Spouses \$ 100

* Incentive offsets 2017 premiums.



We're excited to offer the "Take Care" Screenings in 2016!
 Only you can take the steps to improve your health! MJE will be there to support you.

NOTE: The “Take Care” wellness screenings are new this year and are different than our lab screen vouchers through the MJE Lab.*
 * Casual, part-time and full-time Jennie employees who are not participants in the MJE Employee Health Care Plan will still have an opportunity to participate in the free lab screen/wellness vouchers through the MJE Lab in October.

The Wellness Screenings

We are partnering with SimplyWell in offering the wellness screenings. SimplyWell provides a Health Score based 100% on biometric results, online health tools and an online personal health record. SimplyWell calculates an "Overall Wellness Score" for you that measures the biometric data from your screening as well as the self reported data you provide on your HRA.

All registration for the health screening is completed online. When going online to select a date and time slot for your screening appointment, you will also complete the online HRA. After you have completed your HRA and within 48-72 hours after you have attended your onsite health screening, you will be able to view your 5-page Personal Health Report online at SimplyWell.com. Additionally, an online library of health education modules are pre-loaded for each participant based upon his/her risk profile. Resources will be available for participants who need assistance with the computer.

SimplyWell provides the following biometrics in your screening – blood pressure, body mass index, height, weight, cholesterol/lipid profile, and blood sugar.

Your Health Score is based on seven categories of objective data collected at the SimplyWell health screening. Within 48-72 hours after you have attended a health screening, your results will be calculated with the scoring system below.

Health Category:			
Body Mass Index (BMI) or Body Fat %	30.0 Points / < 25	20.0 Points / 25 - 29.9	15.0 Points / > 29.9
Systolic Blood Pressure	15.0 Points / < 120	12.5 Points / 120 - 159	7.5 Points / > 159
Diastolic Blood Pressure	15.0 Points / < 80	12.5 Points / 80 - 99	7.5 Points / > 99
HDL Cholesterol (Good)	10.0 Points	7.5 Points	5.0 Points
Women	> 49	45 - 49	< 45
Men	> 39	35 - 39	< 35
LDL Cholesterol (Bad)	10.0 Points / < 130	5.0 Points / 130 - 159	2.5 Points / > 159
Triglycerides	10.0 Points / < 150	5.0 Points / 150 - 199	2.5 Points / > 199
Glucose	10.0 Points	7.5 Points	5.0 Points
Non-Diabetic	< 101	101 - 125	> 125
Diabetic	< 126	126 - 149	> 149

Your Results

Your "Take Care" biometric screening results will be available on your confidential SimplyWell personal health record at SimplyWell.com as well as via your "my.Bestcare", MHS patient portal. You will also receive a letter from the MJE Lab. If your physician is a member of Methodist Physicians Clinic, or has access to the Methodist Cerner electronic medical record, they also will be able to access your biometric results. No need to take the report to your physician! The Total Health Panel results will be available through the patient portal, as well as provided to each screening participant.

Resource for You!

Vicki Lyons, RN, BSN, Employee Health Plan Care Coordinator, is a resource for MJE Health Care Plan participants as they navigate their health care journey. Vicki has been employed by the Nebraska Health Network (NHN) to help health care plan participants manage their health care by working with physicians, health coaches and hospital staff to provide individuals and families assistance in managing complicated health care situations in the most effective way possible.

You are welcome to reach out to Vicki for assistance and guidance with your health care related concerns, that could include:

- Identifying a primary care physician, and
- Finding avenues to receive the appropriate treatment in the appropriate setting.

It is our goal to provide the best care for our employees so they are healthy, happy and productive. We encourage employees to be active participants in their health care journey by engaging and utilizing all available health care resources.

Reach out to Vicki directly at **402-552-2175** or through email at **vicki.lyons@nmhs.org** to begin a conversation about your health.

Next Steps...



Watch for the communication in early September with details on how to schedule your 2016 screening appointment.

If it is unreasonably difficult due to a medical condition for you to achieve the requirements for the premium incentive under this program, or if it is medically inadvisable for you to attempt to achieve the standards for the premium incentive under this program, call SimplyWell at 1-877-991-9355, Option 3 and we will work with you to develop another way to qualify for the reward.

