

Move Your Life in a Healthy Direction *and realize the rewards!*



Healthy Directions Wellness Program

City of Burnet cares about your health and wants to provide you with resources to help you live better both inside and outside of work. That's why we offer a voluntary wellness program for **all employees, spouses and retirees on the medical plan** called **Healthy Directions**.

To get our new wellness program off to an exciting start, we will be offering:

20% discount on your City paid employee/retiree health insurance premium which ultimately results in a 0% employee/retiree contribution!

You'll receive this incentive simply by having your annual preventive physical with a primary care physician, completing a lab-test blood draw, and one age and gender preventive screening.

You will soon receive your Healthy Directions Wellness Program packet. This packet contains complete instructions and the forms needed to help you get started with Healthy Directions.

Questions?

Email: healthydirectionspcp@trihealth.com or

Call: 866 256 9007

Action Steps for Participation

- Complete and sign the Registration & Consent Form.
- Complete and sign the Authorization of Use and Disclosure of Protected Health Information Form
- Have an annual preventive physical with your primary care physician.
- Complete a standard lab-test blood draw that identifies biometric measures such as your cholesterol, glucose and triglyceride levels.
- Complete one age and gender specific screening.
- Receive a 20% discount on your City paid employee/retiree health insurance premium beginning Oct. 1, 2018
- **Enrollment Deadline**
Participants in the TriHealth Healthy Directions Wellness Program must complete the necessary steps by **6/30/2018** and submit the completed packet by **7/15/2018**.



TriHealth
Healthy Directions

TriHealth.com