Did you know? You have 24/7 access to the Wellness at Work website. Stay updated with the latest Wellness at Work challenges and programs. Plus, Wellness Initiative Program details and more. To learn more, go to https://Wellness.CharlotteCountyFL.gov.

### For Newly Hired Employees

<table>
<thead>
<tr>
<th>2019 Hire Date</th>
<th>Program Eligibility</th>
<th>Incentive Funds</th>
</tr>
</thead>
<tbody>
<tr>
<td>January – June 29</td>
<td>Able to complete entire Wellness Initiative program</td>
<td>Earn up to $500</td>
</tr>
<tr>
<td>June 30 – July 31</td>
<td>Able to complete Vital Health Profile, Bloodwork, and Nicotine test Follow-up with a Provider</td>
<td>Earn up to $100 Prorated based on the date of hire</td>
</tr>
<tr>
<td>August 1 – December 31</td>
<td>Wait for 2020 Wellness Initiative Program</td>
<td>N/A</td>
</tr>
</tbody>
</table>
Charlotte County Wellness Initiative Program

The Wellness Initiative Program is a voluntary program that is offered to all employees and their eligible spouses on the County’s insurance. Charlotte County will contribute up to $500 annually to each employee (and spouse covered on the plan) who participates in the Wellness Initiative Program. If both employee and eligible spouse participate in the program, each could earn the $500 incentive up to a maximum of $1,000 (single parents with children can earn a maximum of $750).

WELLNESS INITIATIVE PROGRAM

**Step 1 and 2 will qualify for the initial $100.**

**Step 1:** From 3/1/2019 to 6/21/2019, Vital Health Profile, Bloodwork, and Nicotine Test

**Step 2:** From 3/1/2019 to 6/29/2019, follow-up at the Employee Health Center to review results with a MD, DO, or ARNP and choose one (1) option:

<table>
<thead>
<tr>
<th>Option 1</th>
<th>Option 2</th>
<th>Option 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet Healthy BMI &lt;25</td>
<td>Final Weigh-In</td>
<td>Alternative Wellness Standard</td>
</tr>
<tr>
<td>or Ideal Height to Waist</td>
<td>From 9/2/2019 to 9/28/2019</td>
<td>Complete by 9/28/2019</td>
</tr>
</tbody>
</table>

**Final Weight-In Period**

The weigh-in period to determine weight lost will be September 2 to September 28, 2019. No weigh-in for official weight loss will occur outside of this timeline. **Weigh-In one time only – No appointment necessary. No intermittent weigh-ins allowed.**

**From beginning weight from your bloodwork appointment:**
- Lose 2 – 2.9%.................. $100
- Lose 3 – 3.9%.................. $200
- Lose 4 – 4.9%.................. $300
- Lose 5% or achieve BMI of <25… $400

**Alternative Wellness Standard**

If you are unable to achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation, such as the Alternative Wellness Standard. You may also choose to participate in the Alternative Wellness Standard. See page 4 for more details. Complete by 9/28/2019.
# Charlotte County Wellness Initiative Program

## ALTERNATIVE WELLNESS STANDARD

<table>
<thead>
<tr>
<th>Reporting: (maximum 300 pts)</th>
<th>Self-Reporting: (maximum 100 pts)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellness at Work Challenges…100 pts (HealthyWage (Personal Challenge), $10,000 Team Challenge, and more.)</td>
<td>Volunteering…25 pts per project or hour (American Heart Association, American Red Cross, Habitat for Humanity American Cancer Society, UnitedWay.)</td>
</tr>
<tr>
<td>My Health Onsite Health Coach sessions…5 sessions for 100 pts</td>
<td>Wellness at Work program…20 pts</td>
</tr>
<tr>
<td>My Health Onsite wellness programs…50 pts/each</td>
<td>Cigna program…20 per program</td>
</tr>
<tr>
<td>Diabetes Prevention Program…100 pts</td>
<td>Community Races…20 pts each</td>
</tr>
<tr>
<td>Fitness Classes…5 classes for 100 pts</td>
<td>OneBlood blood drive…15 points each donation</td>
</tr>
<tr>
<td>Cigna EAP webcast…15 point each</td>
<td>Wellness at Work Educational Articles…10 points each</td>
</tr>
<tr>
<td>Exercising (1x/day for 15-20 minutes)…10 points each</td>
<td></td>
</tr>
</tbody>
</table>

100 Points: $100  
200 Points: $200  
300 Points: $300  
400 Points: $400

**To record points earned, please complete the Alternative Wellness Standard tracking sheet and provide documentation of ALL programs completed via email to Stephanee Phillips, Wellness@CharlotteCountyFL.gov**

**ALL PROGRAMS COMPLETED and EMAILED BY SEPTEMBER 28, 2019**

Questions about the Wellness Initiative Program? Contact Stephanee Phillips, Wellness@CharlotteCountyFL.gov

For more information, visit the Wellness at Work website (24/7 access):  
https://wellness.charlottecountyfl.gov/Pages/wellness-initiative.aspx
Tobacco Premium Waiver

Employees are eligible to obtain a waiver of $50.00 per month of their Health Insurance Premium. ONLY Employees must participate in the program to qualify for the premium waiver.

How to Qualify for the Premium Waiver

Only the employee must complete a nicotine test between March 1, 2019 and June 22, 2019. Whether you use tobacco or not you MUST take the nicotine test. The nicotine test is not included in the Personal Risk Assessment (Vital Health Profile). When making an appointment, request the nicotine test.

- If employee tests negative for nicotine, they will qualify for the premium waiver.
- If employee tests positive, then the employee must complete the Tobacco Cessation Program through the My Health Onsite portal for the employee to qualify for the premium waiver.
- If employee forgets to test, then the employee must complete a Tobacco Cessation Program through the My Health Onsite portal for the employee to qualify for the premium waiver.

Tobacco Cessation Program

The Tobacco Cessation Program is located in the My Health Onsite portal. For more information please contact Stephanee Phillips, Wellness@CharlotteCountyFL.gov.

The Tobacco Cessation Program must be completed by December 15, 2019 to receive the premium waiver.

Health Reimbursement Account (HRA)

For employees and eligible spouses, on the County Insurance, who participate’s in the Wellness Initiative Program, the County will provide each enrolled employee (and one dependent spouse if covered) with up to $500 in a Health Reimbursement Account (HRA). This money is not taxable and can be used to offset the cost of expenses incurred under the medical insurance plan. Examples of these expenses include deductibles and copays for items such as doctor visits, inpatient hospital stays, and prescription drugs that generate an out-of-pocket cost to the employee.

When Will I Receive the Incentive?

The incentive will be deposited by January 6, 2020.

How Do I Login to My Health Reimbursement Account?

1. Login to your account. Select the LOGIN tab at eflexgroup.com/account and choose “employees.”
2. Enter your eflex Username your first initial, last name and last four digits of your Social Security Number (example: John Smith with a SSN of would enter “jsmith6789”).
3. Enter your password. The first time you log into the system, your password will be: eflex4me. You’ll then be prompted to create a new, unique secure password before accessing your account.

Access your account information online at any time, day or night, 24/7/365.

If you prefer to speak to a TASC (E-FLEX) representative instead of using the online services, www.tasconline.com or, you may call 877.933.3539.
Meet the Medical Staff

Juliette Langner, M.D.
Dr. Langner is Board Certified in family medicine with over 20 years’ experience in practicing and teaching family medicine. She is a member of the American Medical Association and American Academy of Family Medicine. She is also certified with National Registry to conduct DOT License Physicals. She enjoys fishing, snorkeling, and boating.

Robert Holstein, D.O.
Dr. Holstein is a Board-Certified Family Physician who has practiced medicine in central Florida since 1984. He enjoys hunting, camping, hiking, and many other outdoor activities. Additionally, he participates in medical missions nationally and internationally. He serves on the Board of Children of Promise, a child sponsorship ministry providing food, healthcare, educational & spiritual support. He is also on the Board of Governors of the West Virginia School of Osteopathic Medicine.

Andrew Boyer, M.D.
Although he was born in Iowa City, Dr. Boyer has spent most of his life living in Tampa, Florida and New Orleans, LA. Dr. Boyer attended Tulane University for undergrad and graduated from Mount Sinai School of Medicine specializing in Orthopedics. When he isn't dedicating long hours with Employee Health Center, he spends his free time with his daughter at the beach and traveling.

Kristine Barrett, ARNP
Kristine is an Advanced Registered Nurse Practitioner and is Board Certified in family medicine and urgent care. Prior to becoming an ARNP, her professional history includes critical care and emergency nursing as well as being a paramedic. In addition to spending time with her family, her interests include biking, rowing, and traveling.

Ann Vlaun, ARNP
Ann is an Advanced Registered Nurse Practitioner with a Board Certification in Family Practice. She has 37 years’ experience in Family Practice, Internal Medicine, Pediatrics, and Orthopedics. Among other interests, she enjoys flying and has her private pilot’s license and photography. She has been with Employee Health Center since the opening of the Charlotte clinic in 2009.

Andrew Boyer, M.D.

Robert Holstein, D.O.

Kristine Barrett, ARNP

Ann Vlaun, ARNP

Melissa Weiss, ARNP, CDE
Melissa is an Advanced Registered Nurse Practitioner, and is Board Certified in Family Practice. She is a Certified Diabetes Educator and thoroughly enjoys educating patients about Diabetes, diet, exercise, and weight loss. When she is not working, she enjoys time with her family and friends, reading, going to the beach, flying a kite, and going scuba diving.

Dana Cardinali-Cohee, Clinical Coordinator, RN
Dana has been an integral part of the Employee Health Center clinic for the last 5 years, currently as the Clinical Coordinator overseeing the day to day operations at both locations. She is a Registered Nurse with over 10 years’ experience in the Emergency Room as well as multiple years prior in an OB/GYN office setting. She enjoys dining out with friends, exercising, football, and relaxing at home with her son and husband.

Briana Scimemi, RN
Briana is a Registered Nurse with the Employee Health Center team for the last 2 years after working the 9 years prior in multiple local Emergency Rooms. She is an avid sports fan and loves attending hockey and baseball games. When she’s not working, she enjoys spending time with family and friends, working out and anything outdoors.

See a provider today at no cost for:

1. Primary, Acute, and Urgent Care Visits for CIGNA covered employees and dependents.
2. Prescriptions dispensed on-site
3. Labs performed on-site
4. X-rays and Vital Health Assessments are all available onsite.
Meet the Medical Staff

Serenity Murtagh, Patient Services Coordinator
Serenity is our Patient Service Coordinator with 20 years + in customer service experience. She is a loving mother of two and is involved in Girl Scouts & the PTO for her children’s local schools. Serenity is a Florida native and she enjoys crafting and photography.

Meg Aponte, LPN
Margaret “Meg” Aponte is an LPN with over 18 years’ experience specializing in Cardiac, Pediatrics and Urgent Care. She recently moved here from Long Island, NY. Meg enjoys spending her free time with her husband and 2 children, most of which is spent with her family on the softball field cheering for her daughter.

Theresa Stamm, MA, CNA
Theresa has been a dedicated Employee Health Center employee for the last 8 years. She has a strong background in several different aspects of the medical field and has been a phlebotomist for over 25 years. Theresa has a love for animals and sea life and enjoys photography as well as spending time with family at the beach.

Jason West, NCMA
Jason became a nationally certified Medical Assistant/Phlebotomist after a short time in the U.S. Navy. He moved to Florida in 2007 and earned an Associates in Science degree from Heritage University. He has experience in Podiatry, Orthopedics, and family practice.

Kim Turturro, MA/Phlebotomist
Kim is a certified Medical Assistant and Phlebotomist with 18 years’ experience specializing in pediatrics, oncology, and pre-surgical testing. She hails from Staten Island NY and enjoys spending her free time at the beach.

David Perillo, Radiology Tech, MA
David came to Employee Health Center from Physicians Group in Port Charlotte. He has 8 years’ experience in Radiology and Medical Assistance. He is very outgoing and is an enthusiastic SEC football fan.

TJ Duffy, Paramedic, MA
TJ is a Florida certified Paramedic with 6 years of emergency medicine experience. TJ is a true Floridian, avid golfer, and fisherman. He also enjoys landscaping, cooking, visiting the Great Smoky Mountains, and cruising in his 1984 Corvette.

Janet Hazelwood, MA
Janet is a Registered Medical Assistant with over 30+ years’ experience, specializing in Clinical Laboratory, Endocrinology and Internal Medicine. Interests include boating, fishing and spending quality time with her husband, children and grandchildren.

PRN STAFF MEMBERS INCLUDE
Dr. Doug Morrow, D.O.
Barbara Fallis Burke, PA
Michelle Fede, ARNP
Bobby Richmond, MA

Melody Lake, MA
Melody transferred to our Charlotte location in summer 2018. She is a mother to 3, a grandmother to 5, and became a great grandmother just this past year. In her spare time, she enjoys knitting, reading and boating. Melody was raised in Millville, New Jersey where she began her career in Emergency Medicine as a paramedic. She has over 20 years’ experience in the medical field including Cardiology and Internal medicine.
HOW TO REGISTER AND ACCESS YOUR PATIENT PORTAL

How to Register

All patients with a unique valid email address should receive an email invitation from “no-reply@eclinicalmail.com” with the subject line: Patient Portal Access Information from My Health Onsite (MHO). (Please check spam/junk folders)

To access your New Patient Portal, simply follow instructions in the email sent which includes:

- Your User Name and Temporary Password

Validate access by using your “Date of Birth”.

If you have not received the email invitation, please call 1-888-644-1448 to update your email address.

For patients younger than 18 or adults wishing to provide web portal access to another person, a Patient Portal Proxy Authorization Form must be completed to comply with regulatory requirements. The proxy form can be obtained at the Employee Health Center, HR and Risk Management department or downloaded from MHO’s web site at the following URL: www.myhealthonsite.com/patient-access. The forms must be completed and turned into the Employee Health Center staff to establish web portal access for proxy accounts.

How to Login (Once Registered)

STEP 1 Go to www.myhealthonsite.com, click Login, then select Patient Access. Select the Patient Access Hyperlink to take you to the Patient Portal page:

STEP 2 On the Patient Portal page, Enter User Name and Password to log in to book, cancel or reschedule your appointment:

For assistance please call the 24-hour Call Center at 1-888-644-1448
Questions & Answers for the Wellness Initiative Program

1. **Who can I contact if I have questions or need more information?**
   Contact Wellness Coordinator, Stephanee Phillips, Wellness@CharlotteCountyFL.gov or 941.764.4927

2. **How will I receive my Health Reimbursement Account incentives?**
   If you met the BMI or ideal healthy waist to height, you will not need to do anything. The funds will automatically be deposited in your HRA account on or around January 5, 2019. If you did not meet the BMI or ideal healthy waist to height you will need to return to Health Center between September 1 – September 29 to record your weight loss and determine your incentive.

3. **When will I receive Wellness Initiative Program incentive?**
   Funds will automatically be deposited to your Health Reimbursement Account on January 6, 2020. Check your TASC account at www.tasconline.com.

4. **I am newly hired. What do I do?**

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5. **If I have a medical condition and/or it is difficult to lose weight?**
   If it is difficult for you to achieve the BMI or height to waist for receiving the incentive under the Wellness Initiative Program because of a medical condition, or if it is medically inadvisable for you to do so, please let the Employee Health Center MD, DO, or ARNP know at your follow-up appointment. Individuals can choose to complete the Alternative Wellness Standard to qualify for the incentive. See page 4 for more details.

6. **What weight is considered my initial weigh in weight?**
   The weight taken at the time you complete the Vital Health Profile and bloodwork is your initial weight (pre-weigh in).

7. **How do I calculate 2-5% from initial weight?**
   The weight you will use as your initial is the weight during your bloodwork and Vital Health Profile appointment. Wellness at Work has a calculator on the website: https://wellness.charlottecountyfl.gov/Pages/IncentiveCalculator.aspx

8. **What if I lose more than 5% during the Wellness Initiative Program?**
   Great job! The 5% goal was developed to make weight loss goal realistic and attainable for everyone.

9. **What if I gain weight during the year?**
   Ups and downs occur on a health and wellness journey. Change is a process. Check out some of the free programs from Cigna, EAP, and MyHealthOnsite to assist you on your journey.

10. **What is recommended attire for the final weigh-in?**
    We recommend individuals remove heavy shoes, wear light weight clothes similarly when you completed the initial weigh in during bloodwork, and empty your pockets prior to weigh-in.
Bob Pryor Health Center Hours of Operation

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours of Operation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8:00 a.m. - 7:00 p.m. (closed 1:00 - 2:00)</td>
</tr>
<tr>
<td>Tuesday</td>
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<td>Thursday</td>
<td>8:00 a.m. - 7:00 p.m. (closed 1:00 - 2:00)</td>
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<tr>
<td>Friday</td>
<td>8:00 a.m. - 6:00 p.m. (closed 1:00 - 2:00)</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00 a.m. - 4:30 p.m. (closed 12:30 - 1:00)</td>
</tr>
</tbody>
</table>

Lab Hours

<table>
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<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
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</tr>
<tr>
<td>Tuesday</td>
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</tr>
<tr>
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</tr>
<tr>
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South County Health Center Hours of Operation

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