2025 WELLNESS PROGRAM

JANUARY 1 - DECEMBER 31, 2025

Grask Peterbilt 2025 Wellness Program

This year, we're thrilled to offer a **new** benefit for employees and their spouses on our healthcare plan. Take control of your health with our advanced **biometric screening** and personalized wellness coaching. Don't miss this chance to invest in your future while earning at **10%** discount on your 2025 annual health insurance premium.

Wellness Program Requirements | Earn Discount Upon Completion

- ☐ **Spousal Participation:** Spouses on the Grask health insurance plan, must complete all wellness program requirements in order for the employee to receive the health insurance discount.
- ☐ **Annual Health Risk Assessment**: Log in to your wellness account to complete your health risk assessment.
- ☐ **Annual Nicotine Affidavit**: Log in to your wellness account to complete your nicotine affidavit.
- ☐ **Annual Physical:** Submit proof of your 2025 annual physical to Annual Physical Submission
  - Proof needs to show your name, date of visit, visit type: annual physical/exam.
- ☐ **Annual Biometric Screening**: You can complete your biometric screening a few ways:
  - Onsite biometric screenings are available in January 2025 and can be scheduled through your wellness portal starting December 9th, 2024.
  - Complete at your Annual Physical: Print the Annual Physical Biometric Screening Form and have your doctor fill it out completely. Submit your form with lab results attached to Grask Biometric Screening.
  - Visit Mercy Medical Plaza in Cedar Rapids: Email salbers@captivehealth.org to schedule.
  - Visit any LabCorp location. Click HERE for step-by-step instructions.
- ☐ **Health Guidance Tailored to Your Biometric Outcomes:** Select the option below that matches your results. This will connect you with education and wellness coaching to support you in being your best self.

Biometric Results	Health Guidance Option
Option 1: All five biometric factors are within optimal ranges. You have completed this requirement.	• Waist: Female ≤35" Male ≤40" • Blood pressure: <140/90 • HDL: Female >50 Male> 40 • Triglycerides: <150 • Glucose: <100
Option 2: One biometric factor is outside of optimal range.	• Complete educational video online quiz located in your wellness account
Option 3: Two or more biometric factors are outside of optimal range.	• Complete five wellness coaching sessions biweekly for 10 weeks • Sign up through your wellness portal or by emailing Wellness Coach Suzi salbers@captivehealth.org

All participation in services is confidential and all personal health information is protected under HIPAA regulations.

Please direct all questions to Wellness Coach Suzi : (319) 449-0480 or salbers@captivehealth.org

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Wellness Program Support Services

Provide support to employees and spouses on the healthcare plan to have well-being centered around being a happy, healthy, and informed healthcare consumer.

Support Services	Partnered with Captive Health
Care Managment Program	The care management program is an ongoing yearly program that addresses gaps in healthcare while supporting management of chronic diseases. Our experienced nurse care manager is an advocate for client-centered care, listens to concerns, supports better health outcomes, and while offering health education. Care management eligibility is based off health concerns or chronic diseases that may lead to other health concerns. Please direct questions to Care Manager Kim Barns kbarns@captivehealth.org
Wellness Coaching	Wellness coaching is a supportive partnership that helps individuals achieve their health and wellness goals. A wellness coach works with you to identify your goals, create personalized plans, and provide motivation and accountability along the way. Wellness coaching offers guidance and encouragement to help you make lasting lifestyle changes. Please direct questions to Wellness Coach Suzi Albers salbers@captivehealth.org
Tobacco Cessation Program	Participate in a five-week tobacco/vaping cessation program that assists you in creating a personalized plan to help you quit. Participation is at NO cost to you. Please direction questions to MercyCare BHS dwaldron@mercycare.org

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