

WELCOME TO EXPLORE!

As part of *Explore*, TrueNorth has partnered with Captive Health to offer free health screenings, coaching, and programming to earn extra *Explore* cash. TrueNorth's *Explore* program is designed to assist participants in maintaining or working toward good health to help ensure you can attend and be your best self at those important life events in the future.

In addition to earning *Explore* Cash, employees on the healthcare plan can participate to qualify for the discounted wellness rate by completing the program requirements below.

Wellness Rate Requirements | Due within 60 days from date of hire

- Spousal Participation:** Spouses on the TrueNorth health insurance plan, must complete all program requirements in order for the employee to receive the medical wellness rate.
- Annual Health Risk Assessment:** Log in to your [wellness account](#) to complete your health risk assessment.
- 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.
 - In order to be eligible for the **2027** wellness rate, please submit proof of your 2026 annual physical by **12/31/2026**.
- Annual Biometric Screening:** You can complete your biometric screening a few ways:
 - Onsite biometric screenings are available January 2026 and can be scheduled through your [wellness account](#). (CR & WDM locations)
 - 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 [Biometric Screening](#).
 - Visit Mercy Medical Plaza in Cedar Rapids: Email wellness@captivehealth.org to schedule.
 - Visit any LabCorp location. Click [HERE](#) for step-by-step instructions.
- Biometric Results Health Options:** This requirement is based off of your 2025 biometric screening results.
 - Complete the option below that fits your results.

Biometric Results

Option 1: All five biometric factors are within optimal ranges. You have completed this requirement.

Option 2: One biometric factor is outside of optimal range.

Option 3: Two or more biometric factors are outside of optimal range.

Nurse Care Management: If eligible, Captive Health will reach out to schedule.

Explore Health Guidance Options

- Waist: Female <35" Male <40"
- Blood pressure: <140/90
- HDL: Female >50 Male > 40
- Triglycerides: <150
- Glucose: <100

- Watch educational video and complete online quiz located in your wellness account

- Complete five wellness coaching sessions biweekly for 10 weeks
- Sign up through your wellness portal or by emailing wellness@captivehealth.org

- If eligible for nurse care management, participation is required to earn the incentive. Email info@captivehealth.org to sign up

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

Please direct all questions to: (319) 449-0480 or wellness@captivehealth.org

TrueNorth *Explore* Cash Program

Join the fun and level up your wellness! Take on challenges, enjoy presentations, and work toward your best self all while earning Explore cash rewards!

- **ALL** colleagues are eligible to participate.
- Earn up to \$80 cash each quarter!
- Access all challenges and presentations right in your *Explore* account.

Explore Support Services

Provides support to colleagues 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 Management 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 Nurse Care Managers: kbarns@captivehealth.org tweber@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@captivehealth.org
Nicotine Cessation Program	Participate in a five-week nicotine 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@mercycore.org 

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