

# Wellness Program

The primary goal of this program is assist you in maintaining your health by offering free resources. Participation will also give you an opportunity to earn 8 hours of Personal Leave!

You do NOT have to be enrolled in Douglas County Healthcare Plan to participate.

First step is creating your own wellness account at [www.lmh.org](http://www.lmh.org). Follow these simple steps:

- Click on the down arrow ▼ next to 'BeHealthy' (top right).
- Click on WellCare (left).
- Click on Douglas County (green box on the right).
- First time user: Enter email address under 'I need an account'.
- Your MEMBER ID is your employee number.
- Returning users: If you have forgotten your username/password call Cerner at 888-252-8150.

Participation steps – 5 required points to earn 8 hours Personal Leave (awarded in June 2021).

Each item must be complete between June 1, 2020 – May 31, 2021.

- 1 – Personal Health Assessment (PHA) – completed in your wellness account.
- 2 – Biometrics\*
- 3 – Advisor Visit via Televisit with Nurse Practitioner – scheduled in your wellness account.
- 4 – Routine Annual Physical\*\* with your primary care doctor – covered at 100% by healthcare plan.
- 5 – At least one Preventive Exam\*\* (vision, dental, mammogram etc...) – covered at 100% by healthcare plan.

\*Can schedule at the WellCare Clinic inside LMH by calling 785-505-3112. Or, may use blood work from your doctor if within the last 90 days. Send results to [TaNiqua.Ward@lmh.org](mailto:TaNiqua.Ward@lmh.org).

\*\*For those not participating in the county's healthcare plan, send proof of visit (EOB) to [TaNiqua.Ward@lmh.org](mailto:TaNiqua.Ward@lmh.org).

**Points for Biometric Screening, Advisor Visit, Annual Physical & Preventive Exam will be loaded by LMH.**



To view the status of your points earned, click on 'Incentive Summary'.



Michelle | Dashboard | Logout

To get back to your home page, click on 'Dashboard'.

Health	Incentive Summary	Wellness Workshops	Nutrition	Exercise	Health Education	My Profile	Message Center
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## Incentive Summary

Campaign: 2021 Douglas County (8/1/20 - 5/31/21)

Healthy Habits 5 points

### Healthy Habits

1/5 points

	Possible Points	Earned Points
Personal Health Assessment	1	0
Screening data received - verified data only	1	0
Primary Care Provider Visit	1	1
Preventive Exam	1	0
Coaching Visit	1	0

Maximum Possible Points 5

Total Points Earned 1

Total Available