

Let's Get Started!

Ready...

▣ Schedule Health Assessment Session

- Schedule online at: <http://www.workforcehealth.org/milwaukeecountyschedule>
- Print your confirmation page and bring it and this sheet to your session.
- An email address is required for scheduling and valid emails will receive confirmation. If you do not have an e-mail address, supply an invalid address in this format: firstname.lastname@none.com
- Each participant must schedule their own 30-minute appointment.

▣ Complete Online Health Questionnaire

- Required: prior to your Health Assessment session, complete the Online Health Questionnaire at <http://www.workforcehealth.org/milwaukeecounty>
- To complete your Online Health Questionnaire, you must have a Username. Your username will be provided on your appointment confirmation page.
- Enter your Username and Password **wellness**
- Each individual participant must complete their own questionnaire.
- Keep your Username and Password for future reference.
- If you do not have access to a computer, contact your HR Coordinator about information on kiosks within the County to be able to complete the online questionnaire.

Set...

What to bring to my Health Assessment:

- ▣ Appointment confirmation page or e-mail
- ▣ Fast for at least 12 hours before appointment

Go!

What to expect at my Health Assessment:

▣ First 15 minutes will be Biometrics

- **Do not eat or drink for at least 12 hours prior to your appointment.** Take medications as needed and drinking water is encouraged.
- If you do not fast, your lab work cannot be completed and you will be asked to reschedule.
- Biometric data will include a finger stick for lipid profile and glucose, blood pressure, height, weight and waist measurement.

▣ Second 15 minutes will be Health Coaching

- Based on your biometric results, you will receive a Health Risk Score.
- If you score 60 or above, you will automatically receive the \$50 monthly medical insurance premium reduction for the rest of the year.
- If you score 59 or below, you will be required to participate in a 15 minute Health Coaching session every quarter.
– Failure to participate in these sessions will result in you losing the monthly medical insurance premium reduction. These Health Coaching sessions will primarily be done telephonically and at a time that is convenient for you.

Appointment Reminder

Date: _____

Time: _____

Place: _____

Please remember that if you are more than 10 minutes late to your health assessment, you will need to reschedule.

Questions? Please call 414-777-3446
Monday through Friday, 8:00 a.m. to 4:30 p.m.

You may also contact the County's Wellness Coordinator, Claire Schuenke at 414-278-4938 or Claire.Schuenke@milwcnty.com

Froedtert Health Workforce Health is a third-party partnering with the Milwaukee County to offer complete and CONFIDENTIAL employee wellness profiles for all health plan participants. All personal health data is kept confidential. Your data will only be used in aggregate (group) reports to help assess the company's overall health and wellness and will never be associated to your name.



Workforce Health