

TARGETCARE PROGRAM



Participating in the TargetCare Baseline Program (CHA & ROT Coaching) can earn you an incentive towards health insurance premiums.

Clinical Health Assessment

- Annual Clinical Health Assessments (CHA) utilize blood draws and biometric measurements to project personal health summaries.
- These individual reports are then reviewed with your TargetCare provider for targeting areas of improving overall health.

Right on Target Guidelines

- After the CHA your TargetCare provider will guide you through your "Right on Target" visits.
- Your TargetCare provider has the knowledge and tools that will assist you as you reach your health and wellness goals.
- Our clinical providers are experts in coaching on:

- Lifestyle & Weight Management
- Disease Management
- Stress & Anxiety
- Hypertension
- Diabetes
- Tobacco Cessation
- And More!

Wellness Scorecard Activities

- To earn up to \$250 annually in gift cards through the rewards mall, employees must (in addition to the Baseline Program) complete a combination of the scorecard activities including:
 - Participating in quarterly individual wellness challenges that focus on different wellness topics throughout the year.
 - Complete preventive screenings.
 - Track steps monthly.
 - And much more!

Know Your Number® Chronic Disease Risk Summary

Name: Mr. Mr. Gender: Male
 DOB: Age: 01/01/1984, 51 Ethnicity: Caucasian Start Date: 02/25/2021
 Group: ABC Company Fasting Status: Fasting Complete Date: 02/25/2021

Clinical Measurement	Value	Reference
Weight	285	Pounds
Body Mass Index (BMI)	42.1	<25 kg/m ²
Waist	41	<40 Inches
Blood Pressure	124/85	<120/80 mmHg
Pulse Rate	105	60-100 bpm
Glucose	102	<100 mg/dL
Total Cholesterol	285	<200 mg/dL
HDL Cholesterol	45	>40 mg/dL
LDL Cholesterol	191	<100 mg/dL
Triglycerides	195	<150 mg/dL

Metabolic Syndrome: Yes, ≥3 of the following: Waist ≥40, Triglycerides ≥150, HDL Cholesterol <40, Blood Pressure ≥130/85, Fasting Glucose ≥100 mg/dL.
 Explanation: A disorder defined by the co-occurrence of ≥3 factors (shown above).

Disease History: Asthma (current), Asthma (past), High cholesterol, High blood pressure, Low physical exercise, Current smoker (5 cigarettes for 25 years)

Risk	CHD*	Stroke
Current 5-year risk of onset	12%	2.2%
Modifiable risk (% of risk within your control)	85%	88%
Risk percentile (compared to average 51 year old men)	89%	73%

Risk Percentile: Current vs. Target

Modifiable Risk Factors

KYN Risk Tracker

Your Number: 60

KYN Risk Tracker is a cumulative number assessing your overall disease risk and contributing risk factors.

Right on Target Guidelines

To participate in your organization's Wellness Program and to be eligible for the wellness incentive (discount on your health insurance premiums), we need your commitment to do the following:

- Complete the Clinical Health Assessment and Face-to-Face Review which includes:**
 - completing a health assessment
 - having your height, weight, and blood pressure measured
 - having your blood pressure measured
 - Face-to-Face CHA Review
- You may also bring a doctor's note if you have a chronic condition. We will need medical records for Hemoglobin A1c.**
- Depending on your Know Your Number score, you must participate in one of the following activities:**
 - Extremely High Risk (>100):** 4 weeks for assistive devices, 4 weeks for assistive factors.
 - High Risk (81-100):** 8 weeks to discuss your health.
 - Borderline High Risk (61-80):** 8 weeks for at least 2 chronic diseases.
 - Above Normal Risk (41-60):** 16 weeks to discuss your health.
 - Optimal or Normal (0-40):** 16 weeks to discuss your health with your provider. You are still eligible for the incentive.
- Along with remaining on target, employees must participate in the wellness incentive. If you are not on target, an alternative standard will be set for you.** It will be your personal responsibility to remain on target.

Although these guidelines are not a substitute for an appointment to see the TargetCare provider, they are meant to encourage you to continue to remain on target. TargetCare remains strictly confidential.

City of Woodstock Scorecard Program

TargetCare Baseline Program

To earn \$75 per month towards health insurance premiums, employees must complete the baseline program (complete CHA, Review, "Right on Target" coaching, and RAS goal).

Additional Incentive Opportunities

To earn up to \$250 annually in gift cards through the rewards mall, employees must complete:

- Annual TargetCare Baseline Program
- A combination of the following activities to earn \$1 per 1 point

* Note: Roll-over points are valid for up to one program year.

Activity Type	Activity	Points	Frequency	How To Get Points
Preventive Care	Annual Flu Shot	10	As Necessary	Employees will login to their TargetCare Health Portal (targetcarehealth.com or mobile app) to upload proof for all tests & exams.
	Colonoscopy	20		
	Mammogram or Prostate Exam	20		
	Cervical Cancer Screening	20		
	Dental Exam	10		
	Eye Exam	10		
TargetCare Wellness Activities	Watch the Welcome Video	4	One-Time	Employees will login to their TargetCare Health Portal (targetcarehealth.com or mobile app) to complete activities/earn points.
	Sync Your Device	2	One-Time	
	Sleep Quota	4	Monthly	
	Exercise	4	Monthly	
	Blood Drive	4	Quarterly	
	Complete a walk/run/triathlon event	10	Twice Annually	
	Educational Material (Learning Center Video Series)	8	Quarterly	
	Individual Challenges	6	Quarterly	
	Register for HealthJoy App	2	One-Time	
	BONUS Points (top 10 earners)	2	Quarterly	

Ex: You can earn up to 40 points by participating in all Quarterly Individual Challenges during the year, complete all blood drives for 16 points, watch the Welcome Video for 4 points, get your Annual Flu Shot for 10 points, get your Colonoscopy for 20 points, complete two 5Ks for 20 points, complete 12 months of the step quota for 48 points, get your mammogram for 20 points, Dental and Eye exam for a total of 20 points, and watch a video series quarterly in the learning center for 32 points, which would get you to your 250-point annual goal.

To be eligible for the above incentives, you must be an active employee at the time of payout.

Need assistance with portal? Please call TargetCare at 704.333.5575 x 1000, Monday - Friday between 8:30am - 5pm EST.