



## July 2011 is "Health & Wellness Screening Month" at the State Employees' Insurance Board (SEIB) Wellness Center and Pharmacy

### Annual Wellness Screenings: The key to savings and optimal health!

Annual Wellness Screenings provide you with a "snapshot" of your health status and equip you with the tools and information you need to:

- ❖ take proactive steps to improve your health and wellbeing
- ❖ save money on your monthly insurance premiums
- ❖ save money on overall medical cost through the power of prevention and proper management of current conditions

Annual wellness screenings must be completed by **November 30, 2011** in order for your wellness premium discount to be effective on January 1, 2012.

What are you waiting for? **Beat the end of the year rush!** Call: (334) 263-8470 or go online: [www.alseib.org](http://www.alseib.org) to schedule your annual wellness screening **TODAY!**



### Wellness Center Hours:

Monday-Wednesday, Friday  
8:00 am to 5:00 pm  
Thursday  
9:00 am to 5:00 pm

**(334) 263-8470**

### Pharmacy Hours:

Monday-Wednesday, Friday  
7:30 am to 5:30 pm  
Thursday  
9:00 am to 5:30 pm

**(334) 263-8460**

### State Wellness Center Services

- Annual Wellness Screenings
- Annual routine preventive care examinations
- Treatment of common illnesses & injuries
- Vaccinations
- Management of chronic diseases
- Smoking cessation
- Medication therapy management

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

NOTE: Only Group 13000 members may purchase **prescription** drugs.

The SEIB Pharmacy offers **FREE NEXT DAY\*** delivery for your prescriptions! \*Requests must be received by **3 pm**.

Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

**334-263-8460**

[rx@alseib.org](mailto:rx@alseib.org)

[www.alseib.org](http://www.alseib.org)

## What are the components of an Annual Wellness Screening?

- ❖ Physical measurements are taken with clothing on and shoes off
- ❖ Body mass index (BMI) and Waist to Height Ratio (WHR) are mathematical calculations based on physical measurements
- ❖ Blood pressure is taken over thin clothing, but preferably should be taken directly on a bare arm
- ❖ Blood tests are used to measure cholesterol levels and blood sugar. A blood droplet will be obtained by a finger stick.

## You will be deemed “at risk” for one or more of these health risk factors if your:

- ❖ Systolic (top number) blood pressure is  $\geq 160$  OR diastolic (bottom number) blood pressure is  $\geq 100$
- ❖ Total cholesterol is  $\geq 250$
- ❖ Blood glucose (sugar) is  $\geq 200$
- ❖ Body Mass Index (BMI) is  $\geq 35$

## Can I still qualify for a Wellness Premium Discount if I am determined to be “at risk”?

YES. Provided that you fulfill one of these 3 requirements:

1. Submission of a statement from your healthcare provider stating that you have been counseled on your health risk factor(s) identified at the screening.
2. Verify that you are participating in a Weight Watcher's, YMCA, Developing Healthy Habits, or other SEIB approved program.
3. Provide valid proof that you are self-managing and have made improvement in your identified risk(s). You must provide documentation of your improvement to SEIB.

## How long does my Wellness Premium Discount last?

1 year. Screenings must be performed annually, no later than November 30<sup>th</sup> of the preceding year.

## How long does a Wellness Screening take to complete?

About 10-15 minutes. Appointments are one-on-one. Your values will be interpreted and you will be given guidance on ways to maintain optimal readings and educated on how to properly manage and improve abnormal readings.

## Are there other ways I can complete my Annual Wellness Screening?

Yes. By either:

1. Attending a Worksite Wellness Screening (To access online schedule and availability go to: <https://www.alseib.org/HealthInsurance/SEHIP/WellnessSchedule.aspx>)
2. If you cannot or choose not to participate in SEIB's Worksite Wellness screenings or Screenings offered at the State Wellness Center, you may submit your health screening results through your physician (Provider Screening Form: <https://www.alseib.org/PDF/SEHIP/ProviderScreeningForm.pdf>).

During your Annual Wellness Screening we are available to answer any questions you may have about preventing and managing health risks such as Diabetes, High Blood Pressure, High Cholesterol, and the risks associated with being overweight. Take advantage of an opportunity to learn more about your values and personal risk factors by scheduling your Annual Wellness Screening **TODAY!**