



QuadMed is excited to partner with Ozaukee County to manage the 2018 Wellness Incentive Program. This program is designed to encourage you to participate in preventive care and wellness activities to help build a healthier lifestyle. In return, you will earn a cash incentive for completing the program.

### Why are we doing this?

Wellness is the primary area of focus for Ozaukee County's health insurance benefits package, and this incentive is part of the County's effort to help you and your families live healthier and happier lives.

### What is the incentive?

An employee can earn \$500. If an employee has a spouse, the spouse must also participate and the couple can earn \$1,000. Retirees are welcome to participate as well.

### How do I earn the incentive?

You must participate in the preventive care and wellness activities that are defined on Page 2. Each activity has a point value assigned to it. To earn the incentive, each individual must earn 600 points.

### What's in this packet?

On page 2 you will find a breakdown of the point structure. You can plan out and complete a mix of activities to reach 600 points. Pages 3 and 4 are instructions on how to complete some of the activities.

### Questions?

We know this is a lot of information! If you have questions, contact Paul Slack at [pslack@quadmedical.com](mailto:pslack@quadmedical.com) or 414.566.8307. This packet is also available online at [www.bit.ly/ozcountywellness](http://www.bit.ly/ozcountywellness) and in the HR office.

## Take advantage of no cost and no wait at Oz Health

Four of the activities can be completed at Oz Health (look for the **Oz** logo on the chart). If you haven't used Oz Health yet or since QuadMed took over in January of 2017, now would be a great time to give it a try! Oz Health provides full primary care services, and the provider is praised for her attentive and personal care.

### To schedule an appointment:

Visit [myquadmedical.com/ozhealth](http://myquadmedical.com/ozhealth) or call 262.536.4344.

### Location:

1329 W. Grand Ave., Suite 4  
Port Washington, WI 53074

### Hours:

Monday, Tuesday: 8 a.m. to 5 p.m.  
Wednesday, Thursday, Friday: 7 a.m. to 4 p.m.



Jessica Harding, PA



# Incentive Checklist



The below chart is a guide to earning your incentive. You can use this page to track your points throughout the year, or you can access your online Incentive Checklist on the left hand panel once logged into your MyQuadMed account.

600 = Incentive!

Activity	Page for More Info.	Point Value	Points Earned
<b>Biometric Appointment Oz</b> Must be completed by 3/31/18. If completed outside of onsite events or Oz Health, must complete and submit the Biometrics From Outside Provider form.	-Info on page 3 -Retrieve the form at <a href="http://www.bit.ly/biometricsform">www.bit.ly/biometricsform</a>	125	
Part of the biometric appointment	<b>Tobacco free passed</b> You do not use tobacco	100	
	<b>BMI passed</b> <30 or 5% improvement from last year	75	
	<b>Glucose passed</b> <100 or 5% improvement from last year	75	
	<b>Blood pressure passed</b> <130/90 or improvement from last year	75	
	<b>Total cholesterol passed</b> <200 or 5% improvement from last year	75	
<b>Online Health Risk Assessment (HRA)</b> Via Wellness Online. Must be completed by 3/31/18.	Info on page 4	25	
<b>Preventive provider visit Oz</b> Must be separate from biometric appointment. If completed outside of Oz Health, complete and submit the Alternative Appointment form.	-Info on page 3 -Retrieve the form at <a href="http://www.bit.ly/alternativeappt">www.bit.ly/alternativeappt</a>	100	
<b>Flu shot Oz</b> If completed outside of Oz Health, complete and submit the Alternative Appointment form.	Retrieve the form at <a href="http://www.bit.ly/alternativeappt">www.bit.ly/alternativeappt</a>	50	
<b>Dental exam</b> Must complete and submit the Alternative Appointment form.	Retrieve the form at <a href="http://www.bit.ly/alternativeappt">www.bit.ly/alternativeappt</a>	50	
<b>Vision exam</b> Must complete and submit the Alternative Appointment form.	Retrieve the form at <a href="http://www.bit.ly/alternativeappt">www.bit.ly/alternativeappt</a>	50	
<b>Wellness coaching visit Oz</b> Must be completed at Oz Health	Info on page 3	25 (can be completed up to 3 times)	
<b>Online wellness workshops</b> Via Wellness Online	Info on page 4	15 (can be completed up to 3 times)	
<b>Online wellness challenges</b> Via Wellness Online. Challenges will be communicated throughout the year.	Info on page 4	25 (can be completed up to 3 times)	
<b>Track your exercise</b> Via Wellness Online. Must complete and track 45 minutes per week.	Info on page 4	25 (can be completed each quarter)	

# How to schedule an appointment online

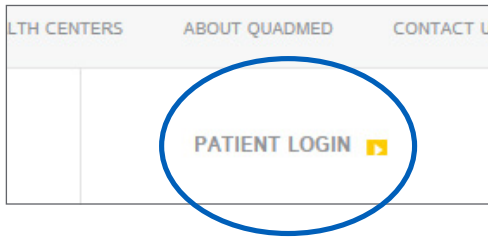


This page is a guide to help you complete the below activities:

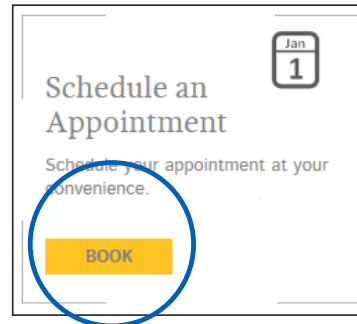
- Biometric events (onsite events or at Oz Health)
- Preventive visit at Oz Health
- Wellness coaching visit at Oz Health
- Flu shot at Oz Health

1. Visit [myquadmedical.com/ozhealth](https://myquadmedical.com/ozhealth)

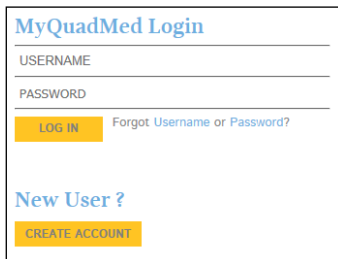
2. Click "PATIENT LOGIN" in the top right corner.



4. Click "BOOK" in the Schedule an Appointment box.



3. Sign in. If you do not already have a MyQuadMed account, click "CREATE ACCOUNT". More information is at the bottom of this page.



5. Follow the screen prompts. Here you will be able to schedule the following activities:

- Biometric visit
- Sign up for an onsite biometric event
- Wellness visit
- Preventive visit

## Creating a MyQuadMed account

Once you click "CREATE ACCOUNT," follow the prompt screens to set up your account.

You will be asked for a "Subscriber ID." This number can be found on your insurance card.

QuadMed uses this information to verify your identity and eligibility. Your information is confidential and not shared with your employer.

A verification email will be sent to the email address you provided when you created your credentials. If you have questions or need help setting up an account, email QuadMed Patient Services at [patientsupport@quadmedical.com](mailto:patientsupport@quadmedical.com) or call 888.417.1001.

# How to access Wellness Online

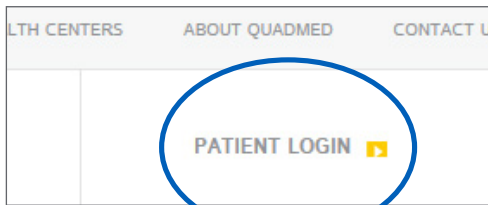


This page is a guide to help you complete the below activities:

- Online HRA
- Online wellness challenges
- Track your exercise
- Online wellness workshops

1. Visit [myquadmedical.com/ozhealth](http://myquadmedical.com/ozhealth)

2. Click "PATIENT LOGIN" in the top right corner.



3. Sign in. If you do not already have a MyQuadMed account, click "CREATE ACCOUNT." More information is at the bottom of page 2.

**MyQuadMed Login**

USERNAME \_\_\_\_\_

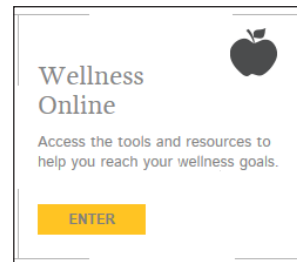
PASSWORD \_\_\_\_\_

**LOG IN** [Forgot Username or Password?](#)

**New User ?**

**CREATE ACCOUNT**

4. Click "ENTER" in the Wellness Online box.



5. You will see the below landing page. These links in the web page header will allow you to complete the following activities:

- Track your exercise
- Wellness Workshops
- Take your HRA
- Wellness challenges (will show when available)

