



Preparing for Your Peak Health Nurse Appointment

Health
Measurements

Lab Work

Health
Assessment

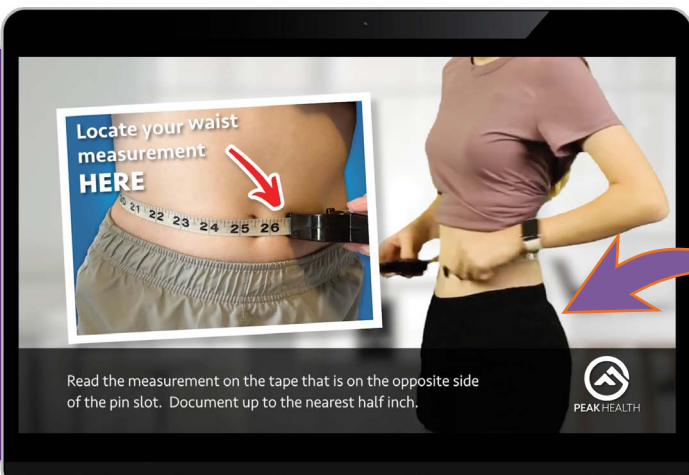
Program
Acknowledgment

Accessing the
Peak Health Portal



Health Measurements (in-person)

Please arrive at your appointment wearing the appropriate clothing (shorts, T-shirt, etc.) to perform a bike test and to have your waist circumference measured. The nurse must be able to access your waist and measure directly over your skin at the site of your belly button. Please do not wear long sleeves, tights, or shapewear (e.g., SPANX®). Plan to arrive early to your appointment if you need to change clothes. Your heart rate, blood pressure, waist circumference, and weight will also be measured during your appointment. If this is your first appointment, it will take approximately one hour; follow-up appointments are scheduled for 30 minutes.



Watch this short video for instructions on how we will get your waist circumference measurements.

CLICK or **SCAN!**



Lab Work

Routine blood tests measure various levels and markers that help assess your overall physical health. If you completed labs that meet the program guidelines (comprehensive metabolic panel, lipid profile, thyroid and complete blood count with differential) within the past year, these will be acceptable.

Knowing your numbers is an integral part of creating a plan for total well-being. With their labs and biometrics, some participants discover opportunities for improvement that they would not have been aware of otherwise. This is a chance for you to obtain potentially life-saving information about your health at zero cost.

Your lab work and health assessment are required in order to receive your incentive. If you are unable to obtain lab work or complete your online HA in advance of your nurse visit, you will be suspended in the program and may lose out on wellness credits.

Location options for getting lab bloodwork

- **LabCorp (No Cost):** Download and print the Lab Order Form received via email from Peak health, or print it from your Peak Health portal, and take it to LabCorp at least one week prior to your Nurse Appointment. Your lab results will be available on the Peak Health portal. To find a location near you and schedule an appointment, go online to www.labcorp.com or call 1-888-LABCORP. If a LabCorp location is not nearby, please email Peak Health lab support at lab@peak-health.net.
- **Healthcare Provider:** You may choose to have your healthcare provider do the blood test. Please ensure tests meet the program guidelines. Direct payment to the physician is your responsibility. Please forward lab results to Peak Health prior to your appointment. You may also upload your provider's lab results to the Peak Health Portal by clicking on "Upload Completed Form" under MD Lab Results.

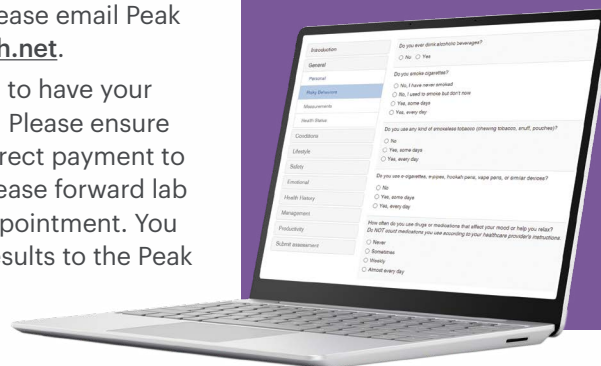
How to complete your Health Assessment (HA)

The HA is a confidential personal health questionnaire designed to provide you and your Peak Health nurse with insight into your overall health.

Your responses help the nurse to better understand history, goals and behaviors that can impact your health, enabling them to deliver more informed coaching. The HA is a fundamental part of the program.

To complete the HA on the Peak Health portal:

1. Login to the portal at: www.peak-health.net/wellness to start your Health Assessment.
2. Under the **Health Assessment** tab, click **Start** to begin your annual assessment.
3. Click the section links to the left to uncover questions related to that topic. Information from your current lab results will be pre-filled for you.
4. Before clicking **Submit**, you can exit and return to the HA at any time if you need to stop or collect more data. When you have finished your HA, click the Submit button and your HA will be locked against further edits.



To verify your HA was submitted successfully, you will see your HA score appear after clicking **Submit**. You will only be able to take the HA one time during each Wellness Program year.

Still need to register? Here's how:

1. Go to www.peak-health.net/wellness. Save this as a favorite or bookmark it.
2. Click **Register** under **New Users**, then read and accept the Program Acknowledgment Form.
3. Enter your **Peak Health Username**: WC + Employee ID# (i.e. WC1234)
4. Enter your **date of birth** (for verification purposes).
5. Enter your **personal email address**.
6. Click **Register**. If username and date of birth match what is on file with your organization, you will then be accepted and asked to enter a new password. Follow the directions and rules on the screen to create your own password.
7. Click **Sign In**.



Scheduling Your Nurse Visit Appointment

For new enrollees, once you complete your labs and HA, Peak Health will schedule your appointment with a nurse coach. Within a few weeks, you will be notified by mail or email of the date and time of your scheduled Nurse Visit. Do not hesitate to call Peak Health to verify the date and time of your upcoming appointment.

Note: *If you need to reschedule the Nurse Visit appointment, cancel, or if you miss an appointment, it is your responsibility to contact Peak Health within 60 days of your original appointment date to reschedule or you will be suspended in the program and may lose out on wellness credits.*

- *You can reschedule your appointment by contacting Peak Health at 252-237-5090 or appointment@peak-health.net, or by visiting the Peak Health portal and clicking on the block labeled "Nurse Visits and Lab Results" then "Reschedule Nurse Appointment."*

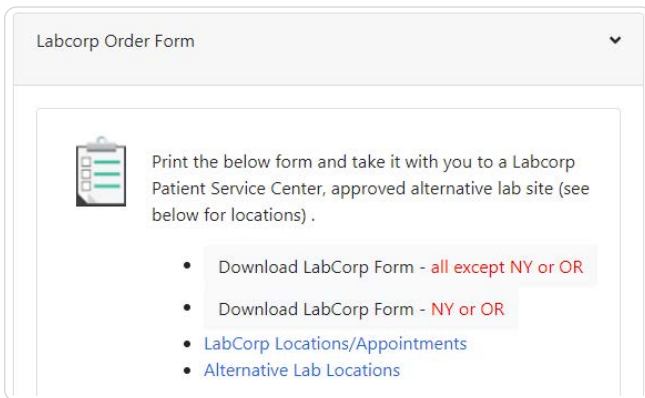
How to Access Your Lab Results and Nurse Visit Information

The block labeled **Nurse Visit and Lab Results** is where you can quickly find details about your upcoming nurse visit, reschedule it if needed, view your lab (blood-work) due date, manually retrieve your lab order form, see your detailed lab results, see information about your recent nurse visit, and view or reschedule your next visit date.

Once in the Peak Health portal, some of the features you can utilize are described below:

Retrieving your Lab Order

- Locate the block labeled “*Labcorp Order Form*”



Labcorp Order Form

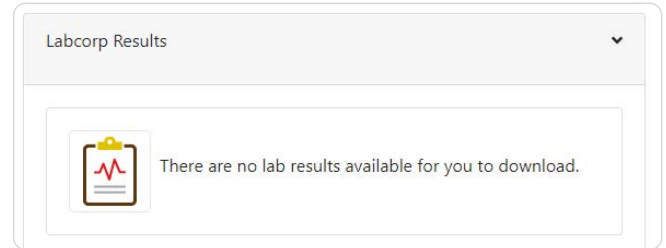
Print the below form and take it with you to a Labcorp Patient Service Center, approved alternative lab site (see below for locations) .

- Download LabCorp Form - all except NY or OR
- Download LabCorp Form - NY or OR
- LabCorp Locations/Appointments
- Alternative Lab Locations

- Click on the appropriate link to download your lab order form or to find appropriate locations for getting your labs drawn.

View your most recent detailed Lab Results

- Locate the block labeled “*LabCorp Results*”



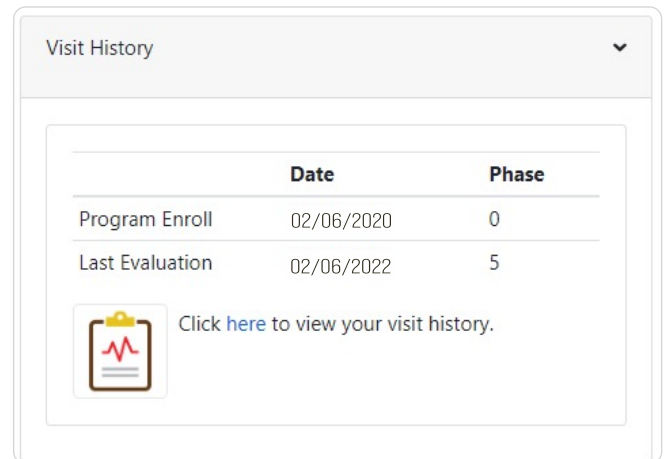
Labcorp Results

There are no lab results available for you to download.

- If your labs are available, you can download a PDF of your results

Review information about your recent nurse visit

- Locate the block labeled “*Visit History*”



Visit History

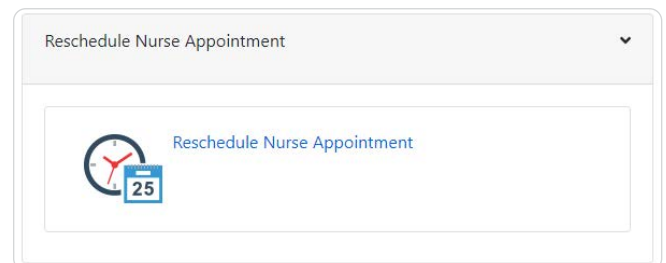
	Date	Phase
Program Enroll	02/06/2020	0
Last Evaluation	02/06/2022	5

Click here to view your visit history.

- Click on the link to view your history

Reschedule your nurse appointment

- Locate the block labeled “*Reschedule Nurse Appointment*”



Reschedule Nurse Appointment

Reschedule Nurse Appointment

- Click on the link
- Go to the View Calendar tab
- Select your preferred Location
- If you do not have an existing appointment scheduled, then rescheduling is not an option





What are the Wellness Phases?

During the Nurse evaluations, your body composition score (BCS), fitness level, tobacco status, compliance with preventative care exams, medical follow-up (existing or new health risk(s) identified by the nurse), and progress with your goals will be considered in your phase placement. Each phase placement is outlined below:

- **Phase 0:** You have completed the enrollment process (completed labs; if applicable and HA) and you are awaiting notification of your first appointment.
- **Phase 1:** This is the entry phase of the program. Health risks are identified by Peak Health. Appointments are scheduled approximately every four months. Body composition score is 6.0 points above the target for your age, height, and gender.
- **Phase 2:** Progress is made toward goals. BCS is between 4.1 and 6.0 percentage points above the norm for your age, height and gender. Your fitness level is below average, and you are being seen for medical follow-up by your Health Care Provider. You may be using tobacco products. Appointments are scheduled every four months.
- **Phase 3:** BCS is between 2.1 and 4.0 percentage points above the norm for your age, height, and gender. Your fitness level is average, and you are being seen for medical follow-up by your Health Care Provider. You've stopped using tobacco products for more than three months, or you're currently using tobacco or nicotine and are either enrolled in a cessation program and/or are receiving medical assistance to stop using tobacco/nicotine products. Appointments are scheduled every four months.
- **Phase 4:** BCS is within 2.0 percentage points for your age, height, and gender. Your fitness level is good to excellent, and all controllable health risks are being addressed. You don't use tobacco or nicotine, you've stopped using tobacco or nicotine for more than 12 months, or you've completed a smoking cessation program and a health care provider has certified you're medically unable to stop smoking at this time. Your age and gender health exams or labs are up to date. Appointments are scheduled every eight months.
- **Phase 5:** All controllable health risks have been addressed and are being maintained (all goals are in "maintenance"). You are a non-tobacco user or you have completed a stop-smoking program and have been evaluated by your Health Care Provider and they have certified that you are medically unable to stop smoking at this time. All age and gender health exams and labs are up to date. Appointments are scheduled every 12 months.

During each visit, obtainable short and long term goals are determined on an individual basis by you and the nurse. To earn your incentives, you must maintain regular nurse visit evaluations based on your Phase and complete your Health Assessment and lab-work.

Note: The Body Composition Score (BCS) is a data-driven measure derived from research into factors that play a role in overall health risks. It includes measurements of weight, height, waist circumference, and age. The BCS enables the Peak Health nurse to assess a participant's body composition both quickly and comfortably. It also creates more consistency between visits.



To learn more about Peak Health, contact us at
(252) 237-5090 or appointment@peak-health.net.