



NURSE VISIT GUIDE:

Preparing for Your Healthy Steps Appointment

Type of
Nurse Visit

Points Phasing
Overview

Health Assessment
& Lab Work

Preventive Care

After Visit
Summary

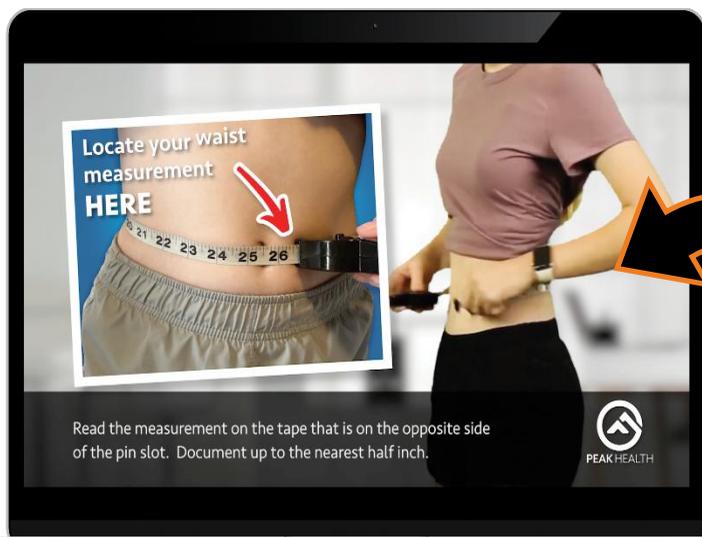


Preparing for Your Nurse Appointment

Please refer to this **Nurse Visit Guide** for instructions on preparing for your upcoming appointment, how to complete any outstanding items prior to the visit and where to find helpful resources once your visit is completed. Your visit will either be in-person unless prior approval provided for a telephonic nurse visit.

Onsite Nurse Appointments

Please arrive to your onsite 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 be measured by the nurse during your onsite appointment.



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

CLICK

or

SCAN!





Points Phasing Overview

The Points Phasing Guide will enable participants to be placed in an appropriate health phase based on a holistic view of their overall health risk factors. Points are assigned to each health risk factor or outcome. The sum of points corresponds to the participant's phase. To earn any available wellness incentives, you must remain active in the program by attending your regularly scheduled nurse visits and staying up-to-date with your annual online Health Assessment and Lab work.

Health Phase	Total Score	General Health Status	Recurring Nurse Visits
1	>35	High health risk	4 months
2	35 - 47	Moderate health risk	4 months
3	48 - 79	Low health risk	4 months
4	80 - 91	Healthy	8 months
5	92 - 100	Very healthy	12 months

Outcome/Risk Factor	Scoring Range
Tobacco / nicotine use	- 40 to 8
Cardiovascular fitness	-10 to 10
Body Composition Score	0 to 12
Metabolic syndrome (<i>five components</i>)	0 to 14 (each)
Up-to-date lab work	- 60 to 0
Up-to-date preventive health exams	- 60 to 0
Status of any follow-up with physician for health issues	- 80 to 0

Regardless of what your phase is, Peak Health will support you on your journey to achieve goals that lower your health risks, improve your health, and reach a higher phase.

What to Expect During Your Nurse Visit

You will meet with your nurse in-person as determined by your appointment notice. Your nurse will have all equipment available to assess and determine your phase. Please arrive for your appointment at least 10 minutes in advance.

To determine the phase in which you will be placed during your visit, the Peak Health nurse will assess your health through a series of tests and compare your results to the program's medical standards.

These tests include lab work results, body composition, blood pressure, cardio-respiratory fitness, and resting heart rate. The nurse also takes into consideration factors such as tobacco use, labs and age/gender exams, and progress toward goals, including follow-up with your medical

provider if it's outlined as a goal. The nurse may also inform you of other (often free) resources that may help with your specific health goals offered through your employer or Peak Health.

If you are unable to participate in any one of the health-related activities or achieve the health outcomes required to earn wellness incentives, you may be entitled to a reasonable accommodation or an alternative standard.

*Request a reasonable accommodation before your appointment by contacting **Peak Health at 1-888-385-4583**, or at the time of your nurse appointment by speaking with your nurse.*

Understanding Your Current Health

Recommended Age/Gender Preventive Care Screening List

To receive the incentive, you must be compliant and up-to-date with your age/gender appropriate preventive care. Your nurse will share information about these recommendations from leading health authorities. You will be asked to give verbal confirmation of your completed preventive screenings as listed below. *Please note that some screenings are only suggested by our program and will not be required due to some medical plan coverage as noted by an asterisk (*).*

Age 19-49 Male & Female	Age 50-64 Male & Female	Age 65+ Male & Female
Annual Lab-Work/Bloodwork (every 1-2 years based on health risks, annually beginning at age 40)	Annual Lab-Work/Bloodwork	Annual Lab-Work/Bloodwork
Physical Wellness Exam (every 1-2 years)	Physical Wellness Exam (annually)	Physical Wellness Exam (annually)
Pelvic and Breast Exam (every 1-5 years for females)	Pelvic and Breast Exam (every 1-5 years for females)	Breast Cancer Screening (every 1-5 years for females)
Breast Cancer Screening Females: Mammogram every 1-2 years starting at age 40	Breast Cancer Screening Females: Mammogram every 1-2 years	Prostate Cancer Screening Males: Prostate specific antigen (PSA) test for those with history of prostate cancer or who have acute concerns
Skin cancer screening if prior history or advised by nurse Annually*	Prostate Cancer Screening Males: Prostate specific antigen (PSA) test for those with history of prostate cancer or who have acute concerns	Colorectal Cancer Screening Options for testing, starting at age 45: Colonoscopy every 10 years, Flexible sigmoidoscopy every 5 years, Cologuard testing every 3 years, Fecal occult blood testing annually
	Colorectal Cancer Screening Options for testing, starting at age 45: Colonoscopy every 10 years, Flexible sigmoidoscopy every 5 years, Cologuard testing every 3 years, Fecal occult blood testing annually	Abdominal Aortic Aneurysm* (males aged 65-75 if you have ever smoked)
	Skin cancer screening if prior history or advised by nurse Annually*	Bone Density Screening* (beginning at age 50 for females)
		Skin cancer screening if prior history or advised by nurse Annually*

Questions or concerns?
Contact Peak Health at
(252) 237-5090 or
appointment@peak-health.net



After Visit Summary

Visit the Peak Health Portal after each Nurse Appointment

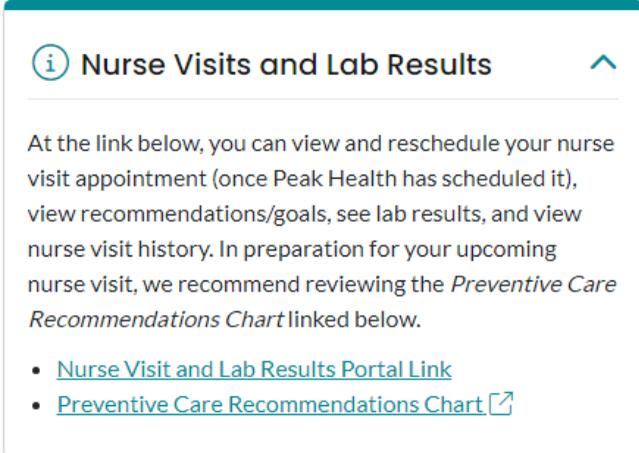
The Peak Health Portal is where you can view your detailed lab results, retrieve your Lab Order form, view nurse visit history, review goals and program referral options set by your nurse coach, and reschedule follow-up nurse appointments.

- Log in to peak-health.net/wellness through your browser, mobile app, or use the QR code to login.

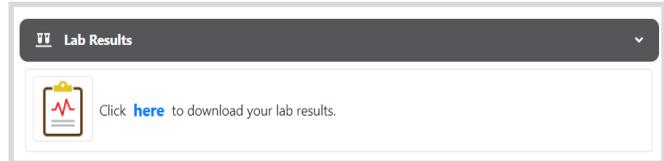


View your most recent Lab Results

- Locate the link labeled “Nurse Visits and Lab Results”.



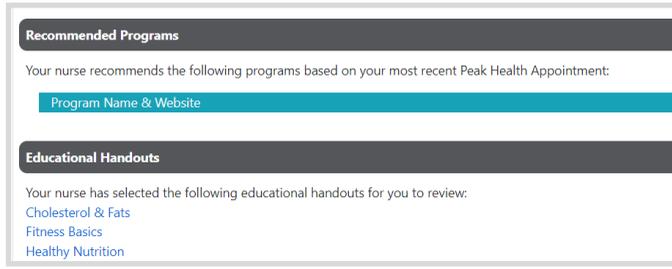
- Within that portal click on "Lab Results."



- If your labs are available, you can download a PDF of your results to share with your provider.

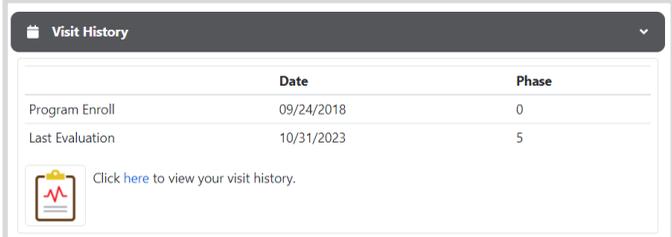
Review your Nurse Visit Goals and Progress

- Locate the menu icon on the top left (three horizontal lines), then select “My Progress/Goals”
- Your nurse will include biometric goals, actions and activity goals, programs available to you and free educational handouts related to your goals.



View your Visit History

- Locate the block labeled “Visit History”
- Click on “here” to view your history



	Date	Phase
Program Enroll	09/24/2018	0
Last Evaluation	10/31/2023	5

Rescheduling your Nurse Appointments

- Locate the block labeled “Nurse Appointment Scheduler” and click on the link
- Go to the **View Calendar** tab and select your preferred location for nurse visits
- If you do not have an existing appointment scheduled, then rescheduling is not yet an option for you yet.



Questions or concerns?
 Contact Peak Health at 1-888-385-4583
 or appointment@peak-health.net

©2026 Peak Health. Peak Health is a wholly owned subsidiary of McGriff Insurance Services, LLC, a subsidiary of TIH Insurance Holdings, LLC



For Wellness Program and Technical Support, Contact Peak Health



Monday – Friday
8:00 a.m. – 5:00 p.m. EST



200 Pine Street W, First Floor, Wilson, NC 27893



1-888-385-4583



appointment@peak-health.net

Your Information is Secure, Private, and Confidential

All your information, including evaluations, goals, and results are private and confidential. Neither Human Resources, your managers, or leaders have access to any individual identifiable health information, nor is it used to influence your medical coverage in any way. Peak Health programs are administered according to federal rules permitting employer sponsored wellness programs seeking to improve employee health or prevent disease; including the Americans with Disabilities Act, the Genetic Information Nondiscrimination Act, and the Health Insurance Portability and Accountability Act, as applicable, among others.

Wellness Incentive Notice

If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn wellness incentives, you may be entitled to a reasonable accommodation or an alternative standard. Request a reasonable accommodation either before your appointment by contacting Peak Health at 1-888-385-4583 or with your nurse during your appointment as well.