

NHRMC Healthy Lifestyles Plan

2021 Action Item Completion Form Healthy Lifestyles Plan

Please fill out form below and submit to HLP Administrator by July 31, 2021 & December 31, 2021, respectively

Action Item	Requirements	Due Date	Date Completed
PCP established and visited	Required for all	4/1/2019-2/28/2021	
Mid-year HRA with PCP (June/July 2021)	Required for diabetes only	7/31/2021	
Annual Presentation (Special Presentation and a Cooking class/Grocery Store) (TWO presentation per year) www.nhrmc.org/hlp	Required for all	1 st due by 7/31/2021 2 nd due by 12/31/2021	
Lifetime Event Class Introduction to Diabetes/ Heart Healthy/Hypertension www.nhrmc.org/hlp	Required if NOT completed in previous years	7/31/2021	
Lifetime Event Class Good for You class @ EFC www.nhrmc.org/hlp	Required if NOT completed in previous years	7/31/2021	
Employee Fitness Class program OR Employee Nutrition Class program Pick ONE <u>Refresh Your Resolve</u> - 4 weeks <u>R2</u> 6 weeks <u>12 to Life</u> - 12 weeks <u>Weight Loss Challenge</u> 10 weeks	Required for all	7/31/2021 (completed or registered) 12/31/2021 must be completed	
Diabetic Foot Exam	Required for diabetes only	12/31/2021	
Retinal Eye Exam	Required for diabetes only	12/31/2021	
Pharmacy Visit (4 per year)	A1c > 9.0 and/or BP >160	1 st 2 visits due by 7/31/2021 2 nd 2 visits due by 12/31/2021	
Pharmacy Visit (2 per year)	A1c 8.0-8.9	1 st visit due by 7/31/2021 2 nd visit due by 12/31/2021	
Pharmacy Visit (1 per year)	A1c 7.0-7.9	12/31/2021	
Dietitian Visit (One visit per year)	A1c > 9.0	7/31/2021	
Dietitian Visit (One visit per year)	A1c 8.0-8.9	7/31/2021	
Dietitian Visit E-course	A1c 7.0-7.9 and/or BP >160	12/31/2021	

NHRMC Healthy Lifestyles Plan

MEMBER INFORMATION (*Healthy Lifestyle Program*): Diabetes Hypertension Both

Name: _____

A1c _____

BP _____

Date of Birth (MM/DD/YYYY): _____ Email address: _____

Dependent (Circle one): Yes No

Member Signature: _____ **Date:** _____

Fax your completed form to 910.667.5969, or mail to:
NHRMC HR Benefits
Attn: Tina Marie Medlin, Health Lifestyles Plan Administrator
PO Box 2318
Wilmington, NC 28401