



# ANNUAL PHYSICAL VERIFICATION FORM

Collection Period: 07/01/2023-06/30/2024



## TO BE COMPLETED BY PARTICIPANT:

<b>NAME</b> (Last, First):		<b>DOB</b> (MM/DD/YYYY):
<b>ADDRESS</b> (Street, State, Zip):		
<b>TELEPHONE #:</b>	<b>SIGNATURE:</b>	

By signing this form, you hereby request and authorize Hendricks Regional Health (HRH) to release the annual physical results to MSD Wayne Township Schools Human Resources (MSDWTS HR). You acknowledge that you are required to submit a written revocation to HRH if you wish to withdraw your request and authorization of the release of results to MSDWTS HR. HRH is committed to communicating participant results with MSDWTS HR securely by abiding by HIPPA laws to the fullest extent.

MSDWTS grants exceptions to those pregnant or post-partum up to 12 months to qualify for the incentive without completing the screening. Please check if you qualify for the exception and have the provider complete their portion below. ☐

## TO BE COMPLETED BY PROVIDER:

(If this is form is being completed by a provider outside the HRH Wellness Center, please fax completed form to (317) 718-2955)

<b>REQUIREMENTS:</b> <input type="checkbox"/> Complete Annual Physical <input type="checkbox"/> Complete Labs (Lipid profile, A1c) <b>DOS:</b> _____
<b>PROVIDER/CLINICAL STAFF NAME:</b>
<b>OFFICE ADDRESS</b> (Stamp permitted):
<b>OFFICE PHONE:</b>
<b>PROVIDER/CLINICAL STAFF SIGNATURE:</b>

All MSD Wayne Township employees and spouses participating in the school corporation's health plan are eligible to earn up to \$500/employee and up to \$500/spouse for their Health Savings Account (HSA). The funds can be used to help cover qualifying medical expenses or to save and accumulate for future expenses.

- Employee and spouse can each complete an annual physical, and each receive \$300 HSA contribution
- Employee and spouse can each earn \$25 per healthy standard they meet. If they do not meet the healthy standard, they can meet with a health coach and receive \$25 for each standard not originally met (maxing out at \$100 total).
  - Email [wellnesscoach@wayne.k12.in.us](mailto:wellnesscoach@wayne.k12.in.us) to find out more and to schedule
- Employee and spouse each completing the Wayne Wellness Signature Series will earn \$100 HSA contribution
  - Email [wellnesscoach@wayne.k12.in.us](mailto:wellnesscoach@wayne.k12.in.us) to find out more

The annual physical and labs and three online Signature Series' modules must be completed between 07/01/23-06/30/24. Coaching sessions must be completed by October 31, 2024.

Contact Shandy Brickler ([shandy.brickler@wayne.k12.in.us](mailto:shandy.brickler@wayne.k12.in.us)) or Amy Eaton ([amy.eaton@wayne.k12.in.us](mailto:amy.eaton@wayne.k12.in.us)) with questions about the wellness program incentives.



## ANNUAL PHYSICAL REQUIREMENTS, RESULTS & HELPFUL INFORMATION



### BMI (Body Mass Index): \_\_\_\_\_

Ht: \_\_\_\_\_ in \_\_\_\_\_ cm

Wt: \_\_\_\_\_ lb \_\_\_\_\_ kg

Calculated from your height and weight. Used to screen for possible weight issues in adults. Also used as a diagnostic tool, such as risk for disease.

**Earn \$25 for the Healthy standard: 25 or below**

The HSA contribution will be \$25 if the body mass index **OR** the waist circumference is at or below the health standard.

### Waist Circumference:

\_\_\_\_\_ in \_\_\_\_\_ cm

This measurement is taken at the level of the belly button. People with waist circumferences larger than the healthy standard have a higher risk of developing obesity-related health problems, such as diabetes, high blood pressure and heart disease.

**Earn \$25 for the Healthy standard: Men → 40" or less; Women → 35" or less**

The HSA contribution will be \$25 if the waist circumference **OR** the body mass index is at or below the health standard.

### Blood Pressure: \_\_\_\_\_

Blood pressure consists of two numbers-systolic pressure (top number), which is when the heart beats and diastolic pressure (bottom number), which is when the heart is relaxed in between beats. Both numbers are important for your provider to get a glimpse into your heart health.

**Earn \$25 for the Healthy standard: 120/80 or below**

### Triglycerides: \_\_\_\_\_

Calories not used right away by body tissue is converted to triglycerides and transported to fat cells for storage. Excess triglycerides in the blood can lead to a heart attack, digestive problems, and poor circulation.

**Earn \$25 for the Healthy standard: 150 or below**

### Hemoglobin A1c: \_\_\_\_\_ %

A1c is a **non-fasting** blood test that provides information about the average blood glucose (blood sugar) over the last 90 days. This is the primary test used to diagnose and manage diabetes.

**Earn \$25 for the Healthy standard: 5.6% or less**