

Annual Wellness Program

All Sumner County employees and their spouses who participate in the county medical insurance program are required to complete an annual biometric screening. This can be accomplished by having a physical at a One to One Health clinic or at your physician's office between July 1, 2023 - September 30, 2023 or by attending an on-site HRA event August 14 - 18, 2023.

Please register on the wellness portal at sumnergov.wellright.com

Once registered you can schedule a time for an HRA event, make an appointment for a physical at a One to One Clinic, or print the provider form to take with you to your Annual Physical.

For additional information regarding scheduling, how to create a portal for your spouse, a list of on-site HRA event dates, or the 2024 biometric benchmarks, please see the attached flyers or view them on the wellness portal website.

As in previous years, if biometric benchmarks are not met, participants will be required to attend health coaching sessions which must be completed by March 29, 2024. Any employee or spouse who does not complete the required wellness program, including coaching sessions, will be considered non-compliant, and the employee and all dependents covered on their county insurance will be moved to the standard insurance plan beginning July 1, 2024. The standard insurance plan has higher deductibles, higher out of pocket expenses, and covers at a lower percentage than our preferred plan (for a complete list of differences between the insurance plans, you may visit the county website at www.sumnercountyttn.gov).

If you have trouble registering for the wellness portal, please contact the Sumner Health Wellness Center by calling (615)657-4930 or email support@121.health.

HOW TO: Participate in 2023 Wellness Program

① Choose how to complete your biometric screening

Complete a physical at a **One to One Health** clinic from July 1 through September 30, 2023

OR

Attend an on-site **HRA event** August 14 - 18, 2023

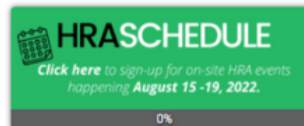
Click the button below to book an appointment at one of your Sumner County Health Clinics!



Book an appointment for your annual physical at sumnercountyhealth.com

HRA Event Sign-Up

Sign-up using the tile below for an on-site HRA event happening August 15 - August 19, 2022.



Sign-up for your HRA event at sumnergov.wellright.com

② Check your wellness compliance on your wellness portal at sumnergov.wellright.com

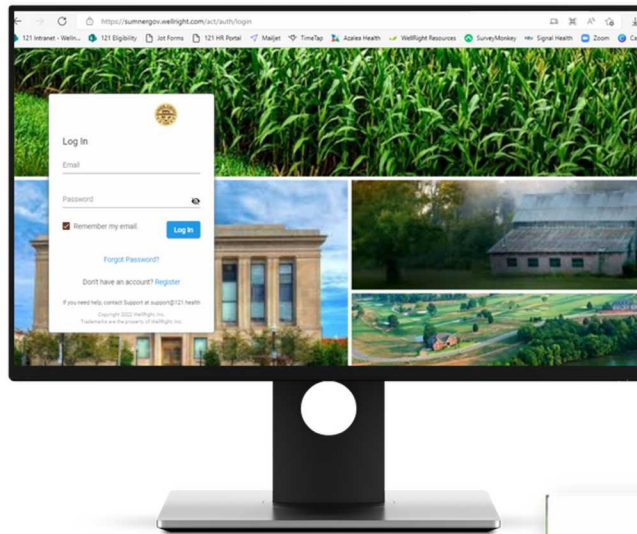


Call **615-657-4930** to schedule your **health coaching appointment** if biometric benchmarks are missed. Coaching must be completed by **March 29, 2024.**

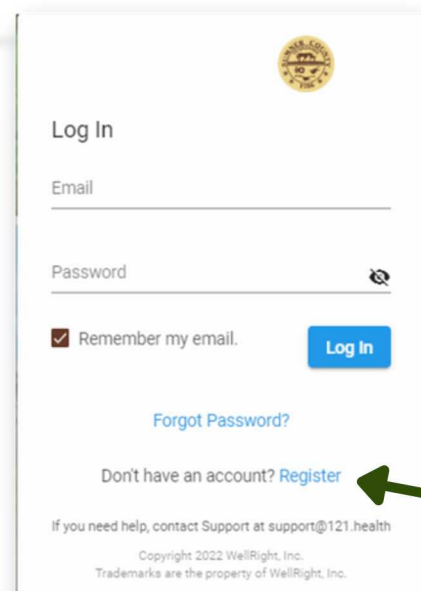
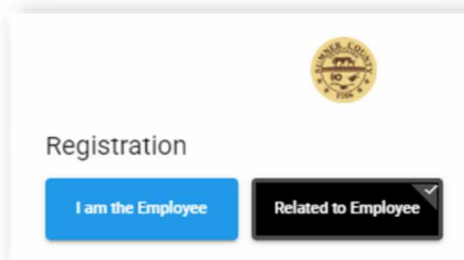
HOW TO: Create a portal for your spouse



- 1 Visit your wellness portal at sumnergov.wellright.com.
Email support@121.health if you need assistance.



- 2 Click 'Register' and follow the steps to add a member 'related to the employee'



Call 615-657-4930 to schedule your health coaching appointment if biometric benchmarks are missed.



Sumner County Government HRA Events

Sumner County Government employees & spouses may complete their HRA at a designated HRA event between August 14 - 18, 2023.



1. Login to your wellness portal at sumnergov.wellright.com. (Note: You will need to register if it is your first time on the site. Email support@121.health with any questions.)
2. Open the calendar
3. Click the date and location on the calendar where you would like to complete your HRA appointment (Note: scheduling for the HWY department cannot be done online)

Monday
August 14, 2023

Administration Building
6am-9am

355 Belvedere Drive,
Gallatin

Tuesday
August 15, 2023

Sheriff's Office
6am-9am

117 W Smith Street,
Gallatin

Wednesday
August 16, 2023

EMS
6am-9am

255 Airport Road, Gallatin

Thursday
August 17, 2023

HWY Department
6am-9am

1051 Old Hwy 109 N,
Gallatin

Friday
August 18, 2023

Ellis Wellness Center
6am-9am

102 Indian Lake Road,
Hendersonville

FOR MORE INFORMATION, PLEASE VISIT
[SUMNERGOV.WELLRIGHT.COM](https://sumnergov.wellright.com)

2023 Sumner Government Wellness Information

SUMNER GOV DEADLINES

July 1 - September 30, 2023

Complete Biometrics



- 1 Complete a physical at a One to One Health clinic
- 2 Attend an on-site HRA event August 14 - 18, 2023

March 29, 2024

Complete Health Coaching



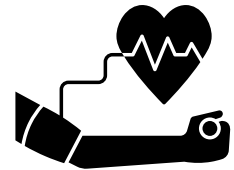
- 1 Call 615-657-4930 to schedule your appointment if biometric benchmarks are missed.

BIOMETRIC BENCHMARKS

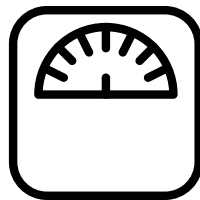
A1c (Blood Sugar)
less than 5.7



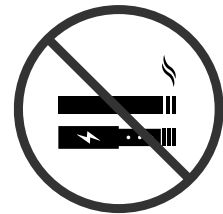
Blood Pressure
less than 140/90



Body Mass Index (BMI)
less than 30



Nicotine
Negative



Call 615-657-4930 to schedule your appointment if biometric benchmarks are missed.