Dear faculty and staff,

Congratulations on taking steps toward improving or maintaining your health! WellBAMA, the University of Alabama’s signature wellness program for employees, is designed to promote health and improve quality of life. This annual program includes free health screening (blood pressure, cholesterol, triglycerides, glucose, weight and height), health coaching, and access to health related resources including a preventive exam at the University Medical Center’s Faculty/Staff Clinic – available at no charge to you.

We are pleased to continue WellBAMA Rewards throughout 2016. In their first year of participation, UA faculty and staff receive a $25 direct deposit and become eligible for up to $125 the following year, based upon their health score. We will be sharing additional information with participants at the upcoming WellBAMA event.

We welcome your annual participation in our WellBAMA health screening event – at either a campus health screening event or coordinated with your health care provider. If you are interested in participating in the WellBAMA Rewards program with your health care provider, please complete the following steps.

1. Print off this page and the accompanying two pages.
2. Schedule an appointment with your health care provider and take a copy of this form to your health care provider – completing the top section of the first page and having your health care provider complete the remaining sections.
3. Once the WellBAMA Qualification Form has been completed by your health care provider, please mail or fax the forms to:

MAIL:
Office of Health Promotion and Wellness
The University of Alabama
Attn: WellBAMA Coordinator
Box 870367
Tuscaloosa, AL 35487

FAX:
(205) 348-6238
Attn: WellBAMA Coordinator

The deadline for participating in the WellBAMA Rewards program is December 16, 2016. If you have any questions or need additional information, please contact our office. We look forward to your participation.

Warm regards,
Heather Clayton, Office of Health Promotion and Wellness
hnclayton@ua.edu | 348-0077

Please mail or fax your completed Qualification Form to the Office of Health Promotion and Wellness upon completion.
The University of Alabama faculty & staff instructions:
Complete this part of the form and take it to your health care provider to complete. Fax or mail the completed form to (205) 348-6238 or WellBAMA Health & Wellness Program, Box 870367, Tuscaloosa, AL 35487

Exam Date / / 

Last Name First Name

Contact Number ( ) - Date of Birth (MM/DD/YYYY) / / Gender Male Female

Signature Email Address

My preferred form of contact by the Office of Health Promotion and Wellness is via:
☐ Phone ☐ Inter Campus Mail ☐ Email ☐ Fax

Health Care Provider instructions:
Complete all the fields below in the Biometric Values portion, and sign this form. Return the form to the employee/health plan member for submission to the WellBAMA Wellness Coordinator. If the employee/health plan member does not meet one or more of the health measure criteria listed below, document the goals and patient actions in the member health improvement plan on the 2nd page of this form.

Your WellBAMA program is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact the WellBAMA Coordinator (348-0077), hnclayton@ua.edu and we will work with you (and, if you wish; your doctor) to find a wellness program with the same reward that is right for you, in light of your health status.

Biometric Screening

Biometric Values Value Range Description General Recommendations

BMI (Body Mass Index) Good: 24.9 or less Height to weight ratio that is an indicator of health risk. You can lose fat weight by eating a well-balanced, low-fat diet, get active and exercise regularly.
Acceptable: 25 – 29.9
Unhealthy: Over 35

Blood Pressure On Medication Yes No Normal Total cholesterol is a total measurement of the many different kinds of fat or lipids present in your blood.

<120/80 Low density lipoprotein if unhealthy fatty substances in the blood.
120-139/80-89 Normal High
140/90 >160/115 Yes No
200 mg/dl Total cholesterol
200-239 mg/dl High
>240 mg/dl

LDL Cholesterol On Medication Yes No Normal Low density lipoprotein if unhealthy fatty substances in the blood.

<130 mg/dl For Men
130-160 mg/dl Borderline High
>160 mg/dl For Women

HDL Cholesterol

< 40 mg/dl
≤ 50 mg/dl Good cholesterol may help remove the bad cholesterol from your blood so that it does not clog your arteries.
For Men
For Women

Triglycerides

<150 mg/dl Fats that are stored in the body and used for energy.
150-199 mg/dl Normal
>200 mg/dl Borderline High

Glucose On Medication Yes No Normal Glucose represents the level of sugar in the blood.

<100 mg/dl Borderline
100-125 mg/dl High

Non-Fasting

<200 mg/dl Normal Diabetes
>200 mg/dl

Exercise

How many days per week?
Moderate intensity = thirty+ minutes

By having an active lifestyle you are able to improve your risk of heart disease, cancer and diabetes.
Engage in activity five days a week for 30 minutes.

Tobacco Use Yes No (if yes, please check specific type) Current user or quit < 6 months

Specify Type: cigarettes pipe dip/chew Quit in the last 6-12 months
Never used or quit > 6 months

Tobacco use causes issues such as: lung cancer, Chronic Obstructive Pulmonary Disease, plaque in the arteries, premature aging, increased heart rate and blood pressure.

OHPW has trained tobacco cessation specialist available to assist in the quitting process.

Signature

Please mail or fax your completed Qualification Form to the Office of Health Promotion and Wellness upon completion.

Health Care Provider Last Name

Health Care Provider First Name Date / / 

Health Care Provider Phone Number ( ) - City & State
Health Care Provider instructions:
If the member does not meet one or more of the health measure criteria listed on the front page, document the member health improvement plan below.

The member health improvement plan must include:
- Goals of the Plan
- Patient actions to modify behavior, lifestyle or adherence to medical recommendations
- Follow up visit plan established in accordance with physician recommendations

<table>
<thead>
<tr>
<th>Select Health Risk(s)</th>
<th>Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Blood Pressure Control</td>
<td>≤ 140/90 (both systolic and diastolic)</td>
</tr>
<tr>
<td>☐ Cholesterol and Triglyceride (TG) Lowering</td>
<td>LDL ≤ 180</td>
</tr>
<tr>
<td></td>
<td>HDL ≥ 40 (male) ≥ 50 (female)</td>
</tr>
<tr>
<td></td>
<td>TOTAL ≤ 200</td>
</tr>
<tr>
<td>☐ Blood Glucose/Diabetes Management</td>
<td>Normal fasting blood sugar OR patients with diabetes A1C &lt; 8%</td>
</tr>
<tr>
<td>☐ Weight Loss</td>
<td>BMI &lt; 30</td>
</tr>
<tr>
<td>☐ Tobacco Use</td>
<td>No tobacco use</td>
</tr>
</tbody>
</table>

Goals: Patient’s Actions: Recommendations for follow-up visit:

Health Care Provider Last Name | Health Care Provider First Name | Health Care Provider Signature | Date (MM/DD/YYYY) |
--------------------------------|-------------------------------|-------------------------------|------------------|
|                               |                               |                               |                  |

Employee Last Name | Employee First Name | Employee Signature | Date (MM/DD/YYYY) |
-------------------|---------------------|--------------------|------------------|
|                   |                     |                    |                  |

Box 870367, Tuscaloosa, AL 35487 | email: wellness@ua.edu
web: wellness.ua.edu | phone: (205) 348-0077 | fax: (205) 348-6238

Please mail or fax your completed Qualification Form to the Office of Health Promotion and Wellness upon completion.