

## 2018 Wellness Incentive Program Justification of Qualifying Annual Visits

APS is committed to helping you live a long and healthy life. Our APS Employee Benefits and Wellness Program (APSEBWP), was developed to educate and assist you in improving current health risks. To begin, you must identify the risks you may potentially have that may cause you to not feel your best. This year we are eliminating dental, and vision visits from the program and focusing on annual visits that identify chronic diseases. While regular visits such as dental, vision, exams for CDL or occupational health/workman's compensation, and exams from other countries are sometimes instrumental in detecting disease, APSEBWP feels that the most effective and time sensitive way to identify chronic risks is through \*primary care provider/practitioner and specific types of specialist visits.

### **\*What is a Primary Care Provider/Practitioner?**

A Primary Care Provider/Practitioner is a medical professional who agrees to manage and coordinate the care provided to a member in a managed care program and agrees to coordinate health care needs with other care providers.

### **The Primary Care Provider annual visits that will be included in the 2018 Wellness Incentive Program are:**

- Family Practice, General Practice, Internal Medicine, Doctor of Osteopath, Nurse Practitioners or Physician's Assistants
- Endocrinologists
- Cardiologists
- Oncologists
- Obstetrics, OB/GYN, Gynecologists

### **Annual exams and visits that do not qualify are:**

- Dermatology
- Dental
- Vision
- Rheumatology
- Age appropriate screenings such as mammograms and colonoscopies
- Occupational health or workman's compensation
- Exams from other countries

APSEBWP understands the value of regular dental and vision exams, as well as gynecological and dermatologic screenings. However, your primary care and specialist doctors are uniquely qualified to identify conditions through lab work, testing, and diagnostics as well as providing one on one discussions to help you understand and manage your risks.

While not included in the 2018 Wellness Incentive Program, APS will continue to provide a robust benefits program to provide quality health care coverage for dental, vision, prescription drugs, life insurance, long term disability, pre-tax insurance premium plan, flexible spending accounts, long term insurance, and deferred compensation.

For questions or concerns, please contact: [employee.wellness@aps.edu](mailto:employee.wellness@aps.edu)