

Winnebago County Health & Wellness Center Utilization					
Date	Wellness*	Flu Shots	Office Visits	Occ Health**	TOTAL
JANUARY	351	30	95	83	559
FEBRUARY	7	7	62	50	126
MARCH	4	0	98	54	156
APRIL	0	0	66	53	119
MAY	9	0	64	48	121
JUNE	1	0	81	40	122
JULY	7	0	91	33	131
AUGUST	2	0	108	28	138
SEPTEMBER	87	274	76	24	461
OCTOBER	158	110	81	47	396
NOVEMBER	245	28	48	38	359
DECEMBER	307	45	56	48	456
2018 TOTAL	1178	494	926	546	3144

*WELLNESS INCLUDES BOTH THE INITIAL LAB WORK AND THE FOLLOW UP WITH THE NURSE PRACTITIONER.

**OCCUPATIONAL HEALTH INCLUDES PRE-EMPLOYMENT PHYSICALS, RABIES VACCINES, HEPATITIS B, MASK FIT TESTING & LEAD TESTING.

Winnebago County Health & Wellness Center

The Health & Wellness Center is staffed by an OSF nurse practitioner, a registered nurse and a certified medical assistant. We provide services for Winnebago County employees, spouses and dependent children (age 12 and older) that are covered by any group insurance plan through Winnebago County.

The services we provide include:

Allergy Symptoms/Hay Fever

Bladder Infection Symptoms

Cold/Flu Symptoms

Cough

Ear Pain/Fullness

Ear Wax Removal

Eye Infections

Immunizations

Lab Draws for your Physician

Insect Bites

Minor Asthma Symptoms

Minor Burns

Puncture Wounds

Sinus Infection

Skin Tag Removal

Skin Rashes

Sore Throat

Smoking Cessation

Suture/Staple Removal

Sports Physicals

Winnebago County Wellness Center

526 West State Street * Rockford Illinois 61101

Phone: 815-516-2770 Fax: 815-516-2771

Monday - Friday 8:00-5:00

**2019 WINNEBAGO COUNTY GROUP HEALTH INSURANCE DISCOUNTS
BUILDING A HEALTHIER LIFESTYLE**

At Winnebago County we want YOU to be a part of BUILDING A HEALTHIER LIFESTYLE. It is no secret that an active lifestyle and focused nutrition choices have the greatest impact on your overall health and daily function. Research shows that people that make positive lifestyle choices:

- ♥ Spend less time at the Doctor
- ☼ Take less medication
- ☼ Feel & Function better
- ☼ Live Longer

INITIAL DISCOUNT: The 3 items listed below are REQUIRED to receive the initial discount on the group insurance plan:

1. Complete the Cholesterol/Glucose Screening/Biometrics at the Health & Wellness Center.
2. Complete the Personal Health Assessment (PHA) on-line at OSF4life.org
3. Complete the feedback session at the Health & Wellness Center.

Winnebago County Health & Wellness Center
526 West State Street 815-516-2770 Monday-Friday 8:00-5:00

ADDITIONAL DISCOUNT: Complete 9 of the Additional Activities listed below for an additional premium discount listed below:

HEALTH/SCREENINGS		ACTIVITY		OTHER	
Complete any of the 9 items listed below by 3/15/2019 for an additional discount on your premium. See below for more information.					
A=Annual point		O=One time point the year it was done		EDUCATIONAL	
Normal Blood Pressure / A		Utilize a fitness center on a regular basis / A		Attend a Lunch & Learn (max credit 4) / A	Did you participate in a Wellness Plan in previous year / A
Non Smoker / A		Community Event: (max credit 3) / A		Attend the annual Wellness Fair / A	Attend an Open Enrollment meeting / A
Normal range BMI / A		Examples:		Smoking Cessation Program / A	Have a current Will and share with family / O
Use a blood pressure log/tracker* / A		Heart Walk		Health Education outside of work / A	Create an Advance Care plan/Power of Attorney / O
Annual Physical Exam / A		Relay for Life		CPR Certification / O	Register to be an organ donor / O
Dental Check-up (2 per year) / A		American Cancer Society Walk			Donate Blood (max credit 2) / A
Preventive Mammogram* / A		Arbor Dash			Participate in Winnebago County Adopt a Road / A
Triglycerides below 150 and LDL below 130 / A		Red Shoe Run/Walk			Volunteer at a non-profit agency (max credit 2) / A
Personal Health Assessment score of 80 and above / A		Get Moving - record 10,000 or more steps for 20x/month / A			Use a Fitness Tracker to track your activity / A
P5A screening* / A					Use a Food Tracker / A
Colonoscopy* / O					Complete the Initial Requirements by 12/1/2018 / A
Bone Density screening* / O					On-Site Fitness Class (max 3/must complete) / A
Vision Screening* / A					
Skin Cancer Check / O					
Vaccines*					
Flu / A					
TDAP / O					
Shingles / O					
Pneumonia / O					
Hepatitis B / O					
HPV / O					
Health Improvements:					
Decrease BMI by 2 points / A					
Decrease weight by # pounds / A					
Decrease BP to physician or NP recommendation / A					
Chronic Disease Management:					
Diabetes / A					
COPD / A					
Rheumatoid arthritis, etc / A					

*if applicable

INITIAL DISCOUNT: Effective 1/1/2019 thru 1/31/2019 completion of the Initial 3 Wellness Activities. **EMPLOYEE** coverage \$250 discount / **FAMILY** coverage \$600 discount (see employee contributions for details). If employee has elected family coverage and there is a spouse on the plan, the spouse must complete the first 3 REQUIRED activities (listed above) for the discount.

ADDITIONAL DISCOUNT: Beginning 4/1/2019 payroll thru 12/31/2019 if additional 9 activities are completed by 3/15/2019.

Employee coverage additional \$100 discount / **Family** coverage either \$100 or \$200 discount (\$100 if either employee or spouse completes activities / \$200 if both complete activities). (See employee contributions for details)

It is your responsibility to track all of your completed activities on OSF4Life.org and submit verification to the Health & Wellness Center by March 15, 2019.

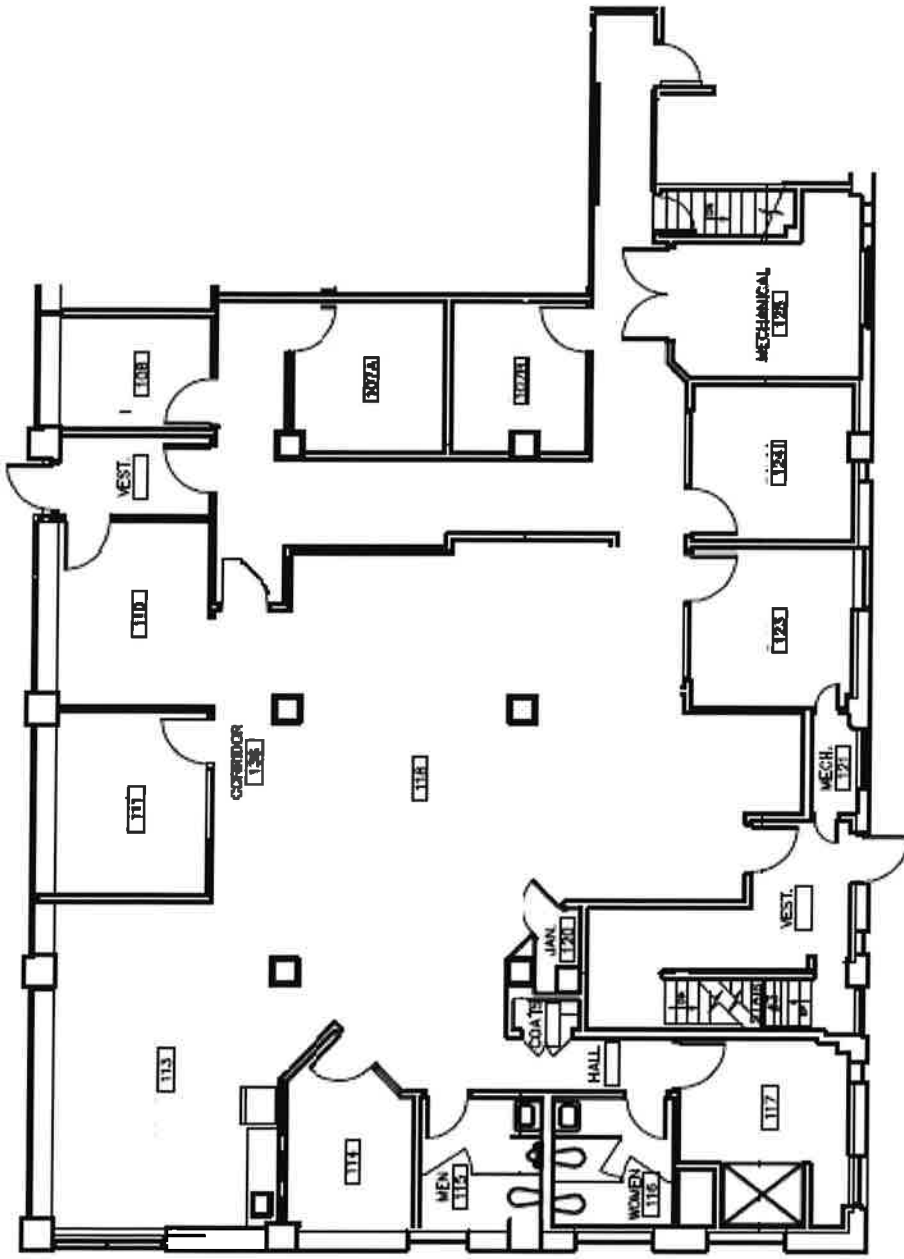
RxTrack®

Top 50 RX

Rank	Drug Name
1	<u>LISINAPRIL</u>
2	<u>HYDROCODONE/ACETAMINOPHEN</u>
3	<u>ATORVASTATIN CALCIUM</u>
4	<u>LEVOTHYROXINE SODIUM</u>
5	<u>AMOXICILLIN</u>
6	<u>OMEPRAZOLE</u>
7	<u>PREDNISONE</u>
8	<u>SERTRALINE HCL</u>
9	<u>ALPRAZOLAM</u>
10	<u>AMPHETAMINE/DEXTROAMPHETAMINE</u>
11	<u>AMLODIPINE BESYLATE</u>
12	<u>AZITHROMYCIN</u>
13	<u>TRAMADOL HCL</u>
14	<u>ESCITALOPRAM OXALATE</u>
15	<u>MELOXICAM</u>
16	<u>FLUTICASONE PROPIONATE</u>
17	<u>HYDROCHLOROTHIAZIDE</u>
18	<u>METFORMIN HCL</u>
19	<u>LOSARTAN POTASSIUM</u>
20	<u>GABAPENTIN</u>
21	<u>AMOXICILLIN/CLAVULANATE POTASSIUM</u>
22	<u>MONTELUKAST SODIUM</u>
23	<u>CYCLOBENZAPRINE HYDROCHLORIDE</u>
24	<u>METOPROLOL SUCCINATE ER</u>
25	<u>PROAIR HFA</u>
26	<u>CLONAZEPAM</u>
27	<u>FLUOXETINE HCL</u>
28	<u>CEPHALEXIN</u>
29	<u>TOPIRAMATE</u>
30	<u>DULOXETINE HCL</u>
31	<u>METHYLPREDNISOLONE DOSE PACK</u>
32	<u>METOPROLOL TARTRATE</u>
32	<u>ZOLPIDEM TARTRATE</u>
34	<u>BUPROPION HCL XL</u>
35	<u>VENLAFAXINE HCL ER</u>
36	<u>VITAMIN D</u>
37	<u>SIMVASTATIN</u>
37	<u>VALACYCLOVIR HCL</u>
39	<u>CITALOPRAM HYDROBROMIDE</u>
40	<u>ROSUVASTATIN CALCIUM</u>
41	<u>BENZONATATE</u>
42	<u>LAMOTRIGINE</u>
43	<u>LORAZEPAM</u>
43	<u>PRAVASTATIN SODIUM</u>
45	<u>DOXYCYCLINE HYCLATE</u>
46	<u>METFORMIN HCL ER</u>
47	<u>METHYLPHENIDATE HYDROCHLORIDE ER</u>
48	<u>ATENOLOL</u>
49	<u>FLUCONAZOLE</u>
50	<u>LISINAPRIL/HYDROCHLOROTHIAZIDE</u>

Total for Top 50 Drug Name

Grand Total



**Wellness Center 526
W. State Street
FIRST FLOOR PLAN**

SCALE: NO SCALE

